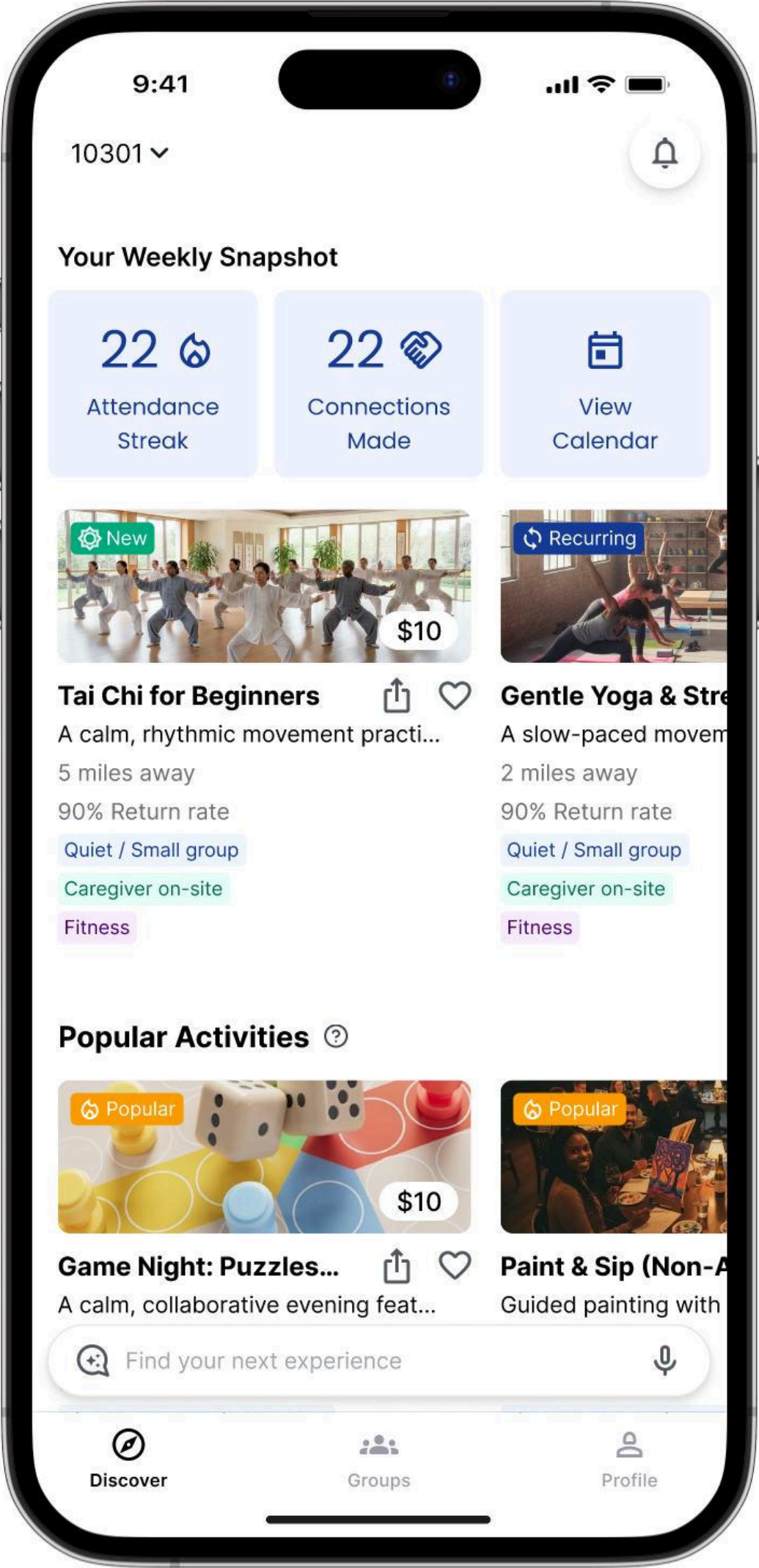
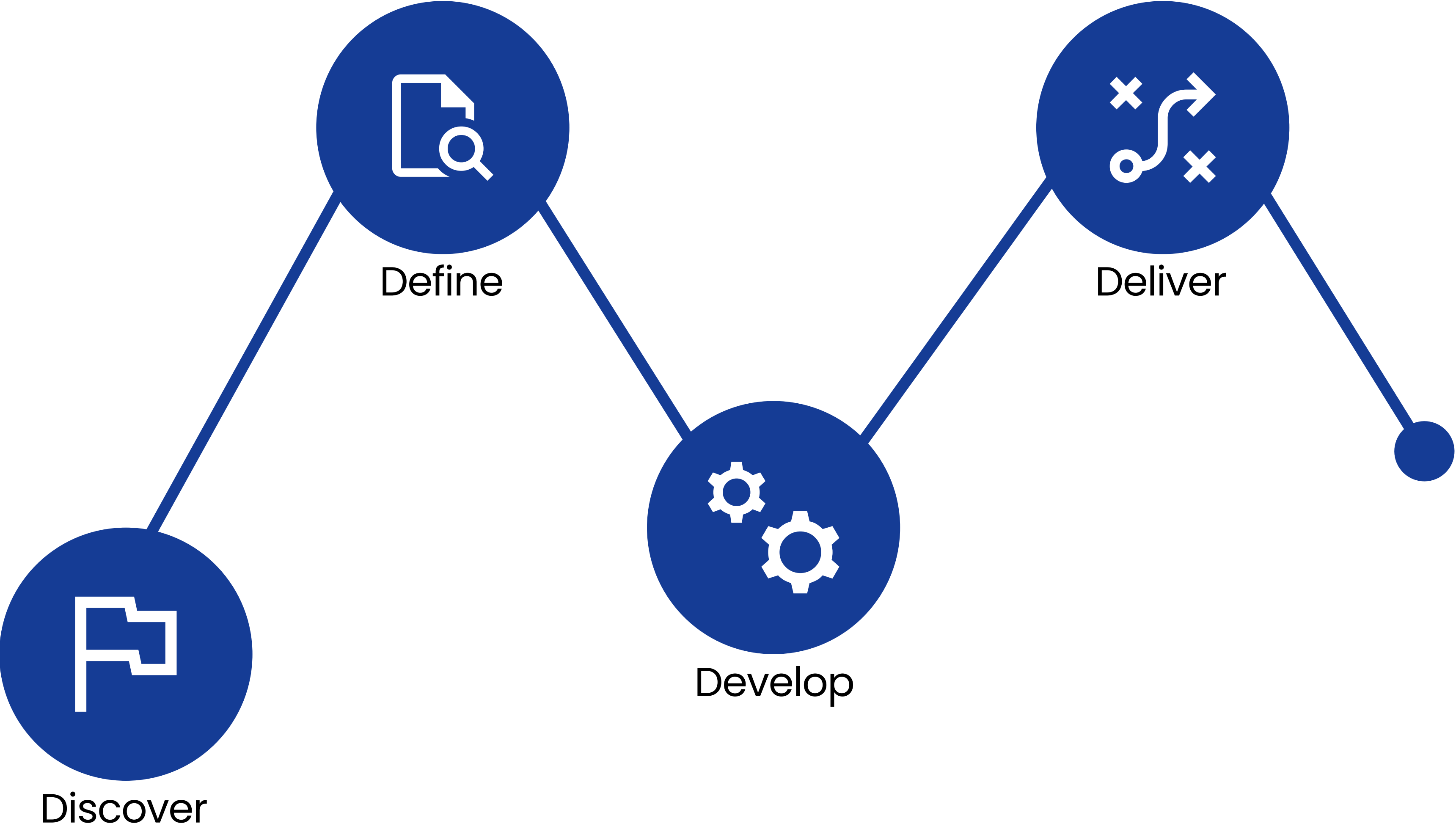


A'Milli

Connecting Millennials into friends,
One experience at a time.



Overview

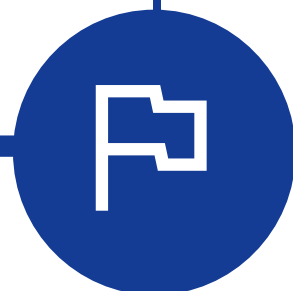


Strategy & Timeline

Weeks 1-3

Discover

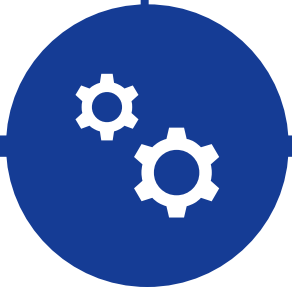
- Identify problem
- Problem statement
- Interviews
- Gather insights
- Competitive analysis
- Mind mapping
- Affinity mapping



Weeks 5-7

Develop

- Brand design
- Wireframing + prototyping
- Usability testing
- Update wireframes from research feedback
- Usability testing insights



Define

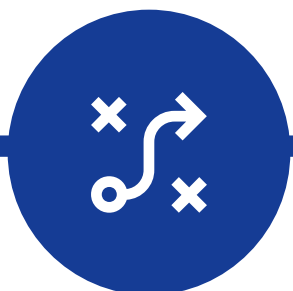
- Value proposition
- Current and future persona creation
- User journey
- User stories
- Ideation sketching
- User flow creation



Weeks 3-5

Deliver

- Solidify concept
- Revise high-fidelity prototype
- Capstone report
- Presentation
- Portfolio case study



Weeks 7-8



Why this problem exists and why it matters

Millennials struggle to find affordable, safe, and emotionally authentic community experiences that fit unpredictable schedules and reflect their lifestyles.

Discover



What anonymous people are saying

Research Goal: To understand what could reduce isolation, increase weekly social/ recreational touchpoints and improve self-reported well-being

Target Audience: Male and female, Ages 25-44



On recurring community vs one-off events

"Having recurring events I can look forward to each week with other people who are similar ages and interests."



On minimizing gatekeeping

A lot of times when I join a group already established there is a bit of gatekeeping or status quo that's difficult to break into."



On psychological safety and non-judgment

"Knowing that I won't be judged, encountering people who are similar to me and share some interests."



On belonging through repetition

"Meeting people that share the same interests and seeing the same people repeatedly in order to make real connections."



On similar life-stage

"Knowing there are people my age with a similar lifestyle. In my 40s, I won't feel I belong if it is full of 28-30 year olds. Different life phases."



On organic connection (not transactional)

"I think social connection must happen organically... creating opportunities for conversation to flow between strangers is key."

Insight signals

Profound Disconnection in the Digital Age



70% of millennials describe loneliness as a recurring state

(Lucero et al., 2020).

Research shows most millennials feel **disconnected**, even while being the most digitally connected generation in history. They **crave real belonging**, but **face barriers** that seem small until you add them up: **cost, time, and the fear of showing up alone.**

Fragmented Experiences vs. Sustained Community



Socio-spatial studies link belonging directly to improved emotional health

(Walia & Jasrotia, 2021).

Current platforms focus on event discovery rather than **fostering lasting connections**. They rarely translate into the **sustained communities** or **trusted spaces** where **authentic belonging** can truly flourish.

Lack of Inclusive Spaces



Community hubs improve social and physical well-being when designed inclusively

(Healthcare Journal, 2024).

Millennials need **inclusive, low-pressure spaces**, both digital and physical, that support **recurring social wellness** experiences aligned with their **lifestyles and budgets.**

Moderated user interviews

Target Audience: 2 Male and 4 female, Ages 25-44

Affordability and accessibility as core barriers

80%

Value shared activities as the foundation of belonging

Emotional safety and authentic environments drive belonging

60%

Experience anxiety or intimidation entering new social spaces

Structure reduces social friction and anxiety

80%

Require flexibility due to work, caregiving, or life load

Consistency and familiar spaces build trust and belonging

60%

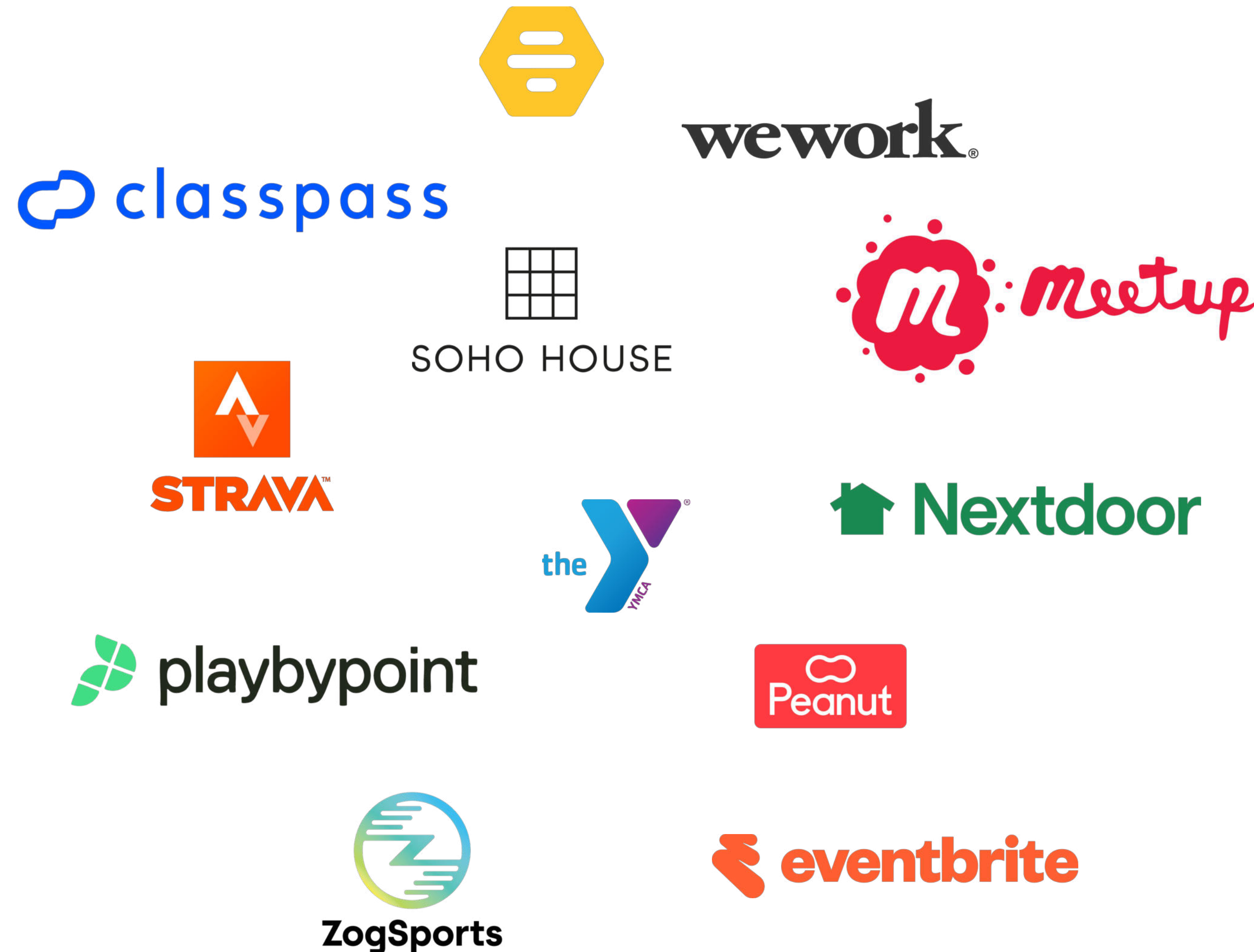
Feel current groups fail to foster inclusion

Technology should enable, not replace human connection

80%

prefer organic over forced connection

Competitive analysis



Strengths

- Established user bases & brand recognition
- Clear single-purpose value propositions
- Digital-first access and coordination

Weaknesses

- Fragmented experiences
- Transactional, not relational
- Lack of inclusive, millennial-centered design
- No consistent physical “home base”

Opportunities

- Create an integrated third space
- Design for real millennial constraints
- Shift from novelty to continuity
- Emphasize psychological safety and inclusivity
- Own the “belonging layer”

Threats

- Incumbent expansion
- Price sensitivity
- User fatigue with platforms
- Local community centers modernizing

Uncovering the value

Affordability and Access

Cost and convenience are critical entry barriers.

Millennials want to participate but cannot justify expensive memberships or time-intensive commitments that do not align with unpredictable schedules

include Personable integration so people wont feel like its not curated to them

Emotional Safety and Authenticity

Belonging grows in inclusive, low judgement spaces.

Millennials seek environments where they can show up as themselves without performance pressure or social anxiety triggers

Structure and Low Friction

Guided interactions through hosts, buddy prompts and icebreakers reduce first-time anxiety.

People want help navigating new social situations without feeling patronized

Technology as Enabler

People value human-centered coordination, not automation.

Technology should facilitate real-world connection, not replace it with digital substitutes.

Consistency and Familiarity

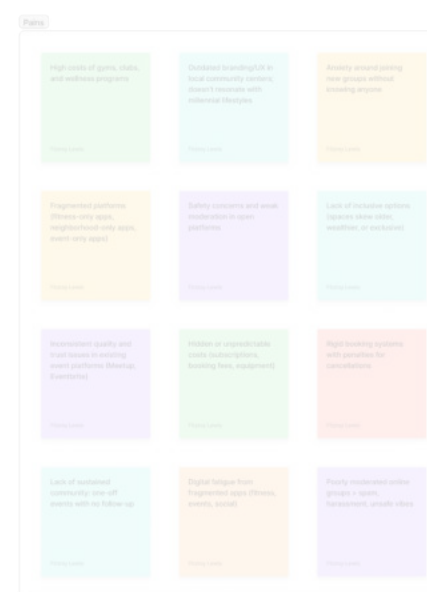
Routine events sustain engagement and build trust over time.

Familiarity with faces, places, and rhythms creates the foundation for genuine community formation.

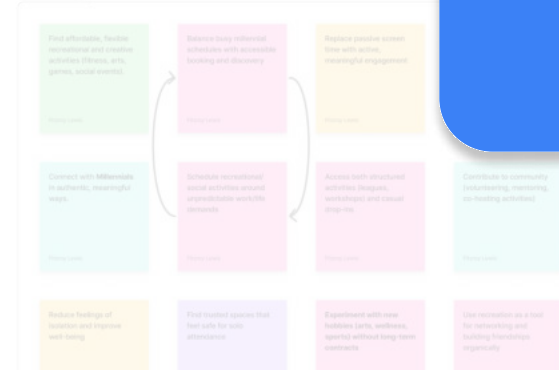
Category key

- Qualification and personalization
- AI assistance, tech, digital platforms
- Guidance and accessibility and personal growth and development
- Financial and financial barriers
- Community and socialization, support
- Security, safety and trust
- Activities, attendance and planning, scheduling
- Team building, community support

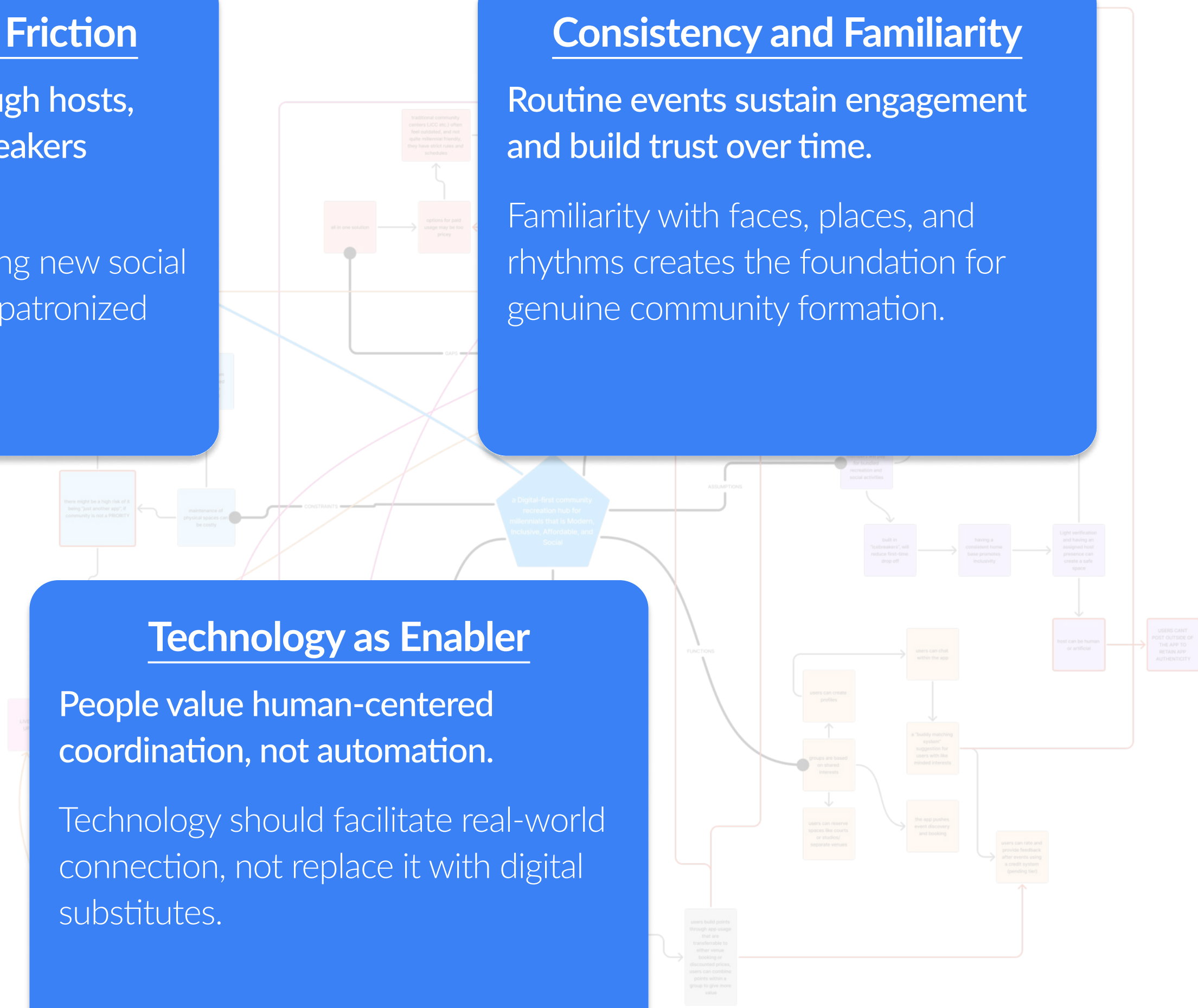
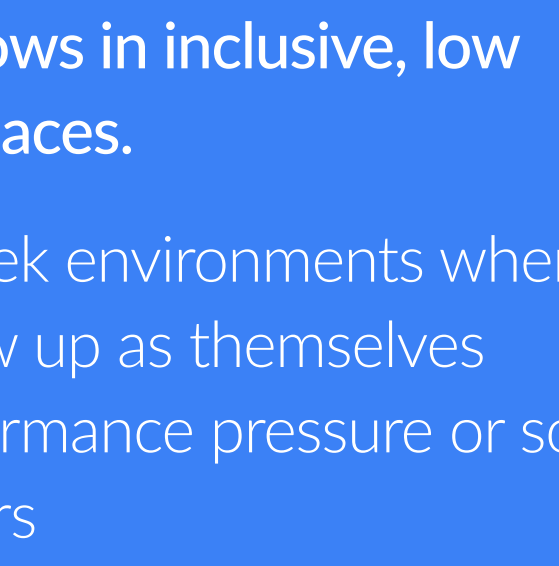
Customer profile



Address the gaps



Team reference



Define



The valuable proposition

Existing Gaps

From Fragmented Events

One-off, disconnected experiences with no follow-through

From High Cost of Memberships

Expensive memberships that exclude budget-conscious users

From Awkward Starts

Uncomfortable first meetings with no support structure

From Poor Moderation

Lack of inclusivity and safety

From Fragmented Tools

Digital fatigue

From One-off Events

Lack of continuity

A'Milli Advantage

To Integrated Hub

Digital and physical recreation ecosystem that builds continuity

To Flexible Access

Tiered pay-per-event model with community credits

To Guided Connection

Built-in buddy system and host-led introductions

To Verified Communities

Verified hosts, moderated spaces, equity-driven design

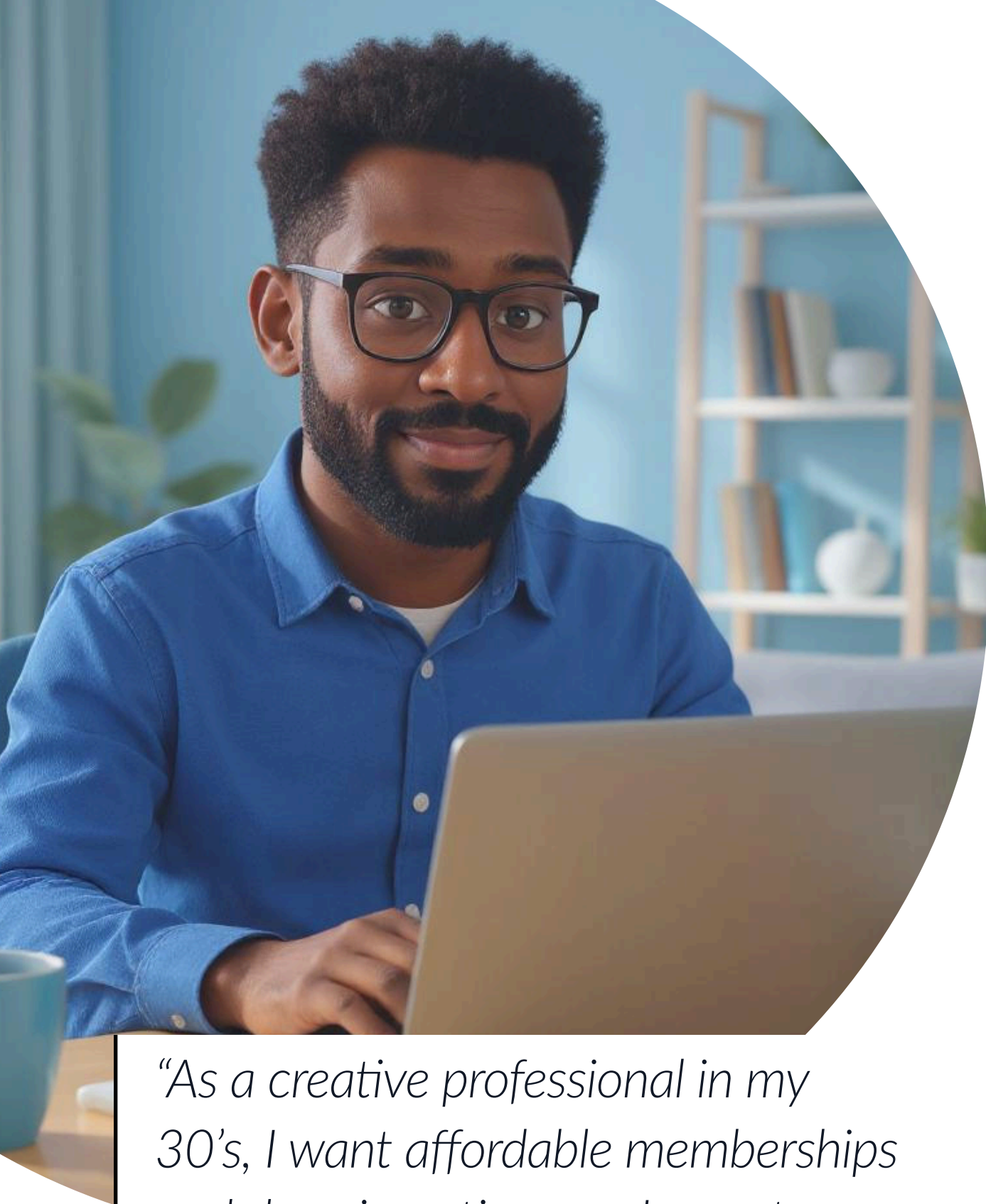
To All-In-One Discoveries

Real-world events with hybrid pop-up options and connection

To Habit-forming Recurring Rituals

Recurring activities, creative clubs, and “return rituals”

How might we create affordable, low-pressure community experiences, that help millennials build real connection, despite unpredictable schedules and social anxiety?



Jordan Matthews (he/him)

Goals

- Find affordable, low-pressure ways to stay active and social
- Build genuine friendships outside of work circles
- Participate in creative or wellness-based group activities that reduce stress

Needs

- Quickly discover events near home or work that match personal interests
- Attend flexible, drop-in style classes or pop-ups without long term commitments
- Connect with people who share similar life stages (late 20s -30's professionals)
- Access inclusive and safe spaces where socializing feels natural, not forced

Pain points

- Feels awkward meeting new people. Networking apps feel artificial and sometimes forced
- Gym environments feel transactional and isolating
- Work schedule limits consistent attendance, misses events due to timing or cost
- Current apps (e.g. Meet up, ClassPass) lack continuity, feels like "starting over" each time

Behavioral patterns

- Uses digital tools like Meetup and Reddit for discovery, but rarely follows through
- Prioritizes affordability, prefers pay-per-event or tiered memberships
- Prefers structured but casual events (e.g. basketball league + post-game socials)
- Engages most when apps simplify planning and reduce friction

"As a creative professional in my 30's, I want affordable memberships and drop-in options, so I can stay active and connected without financial strain."

Age: 33

Location: Brooklyn, New York

Occupation: Full-time Product Analyst

Lifestyle: Works long hours, often remote, Seeks balance through creative and physical outlets



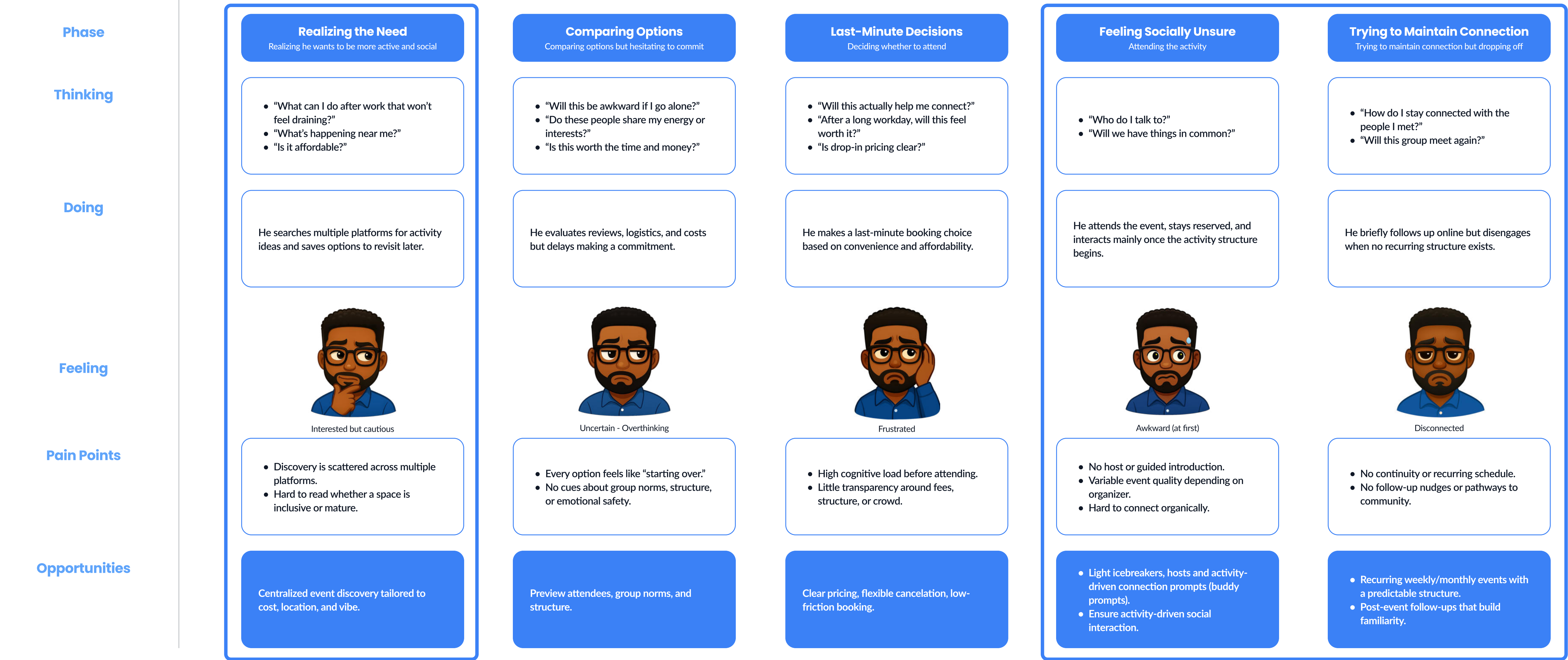
Current State User Journey: Jordan Matthews

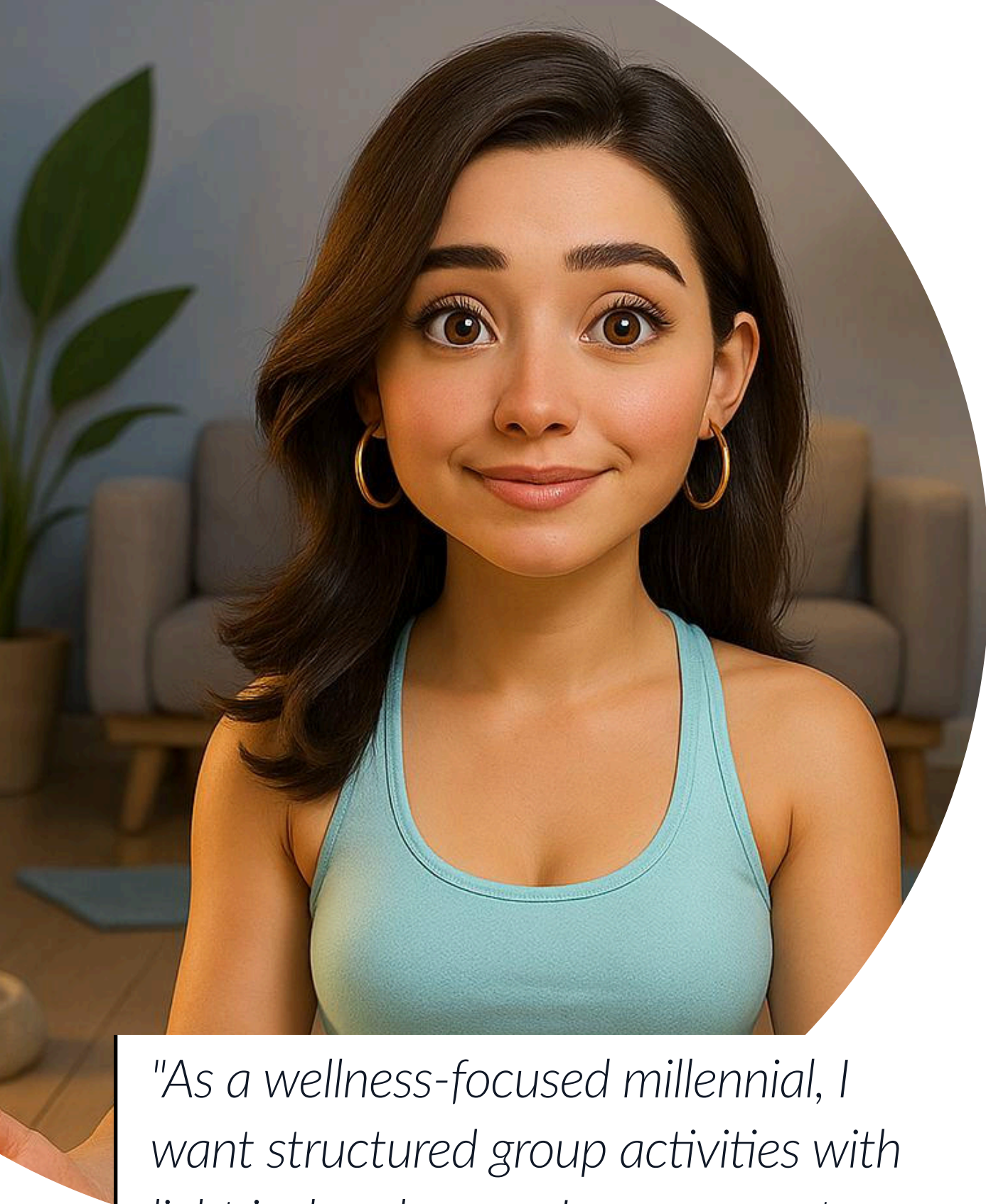
Scenario

Jordan wants to stay active and meet like-minded millennials after long remote-work days. He wants affordable, low-pressure activities (creative or fitness) but feels anxious showing up alone. He uses digital tools like Meetup and Reddit, but rarely follows through because nothing feels predictable, inclusive, or consistent.

Expectations

- Affordable, transparent pricing without long-term commitments.
- Age-aligned, inclusive, emotionally safe environments.
- Light structure (icebreakers, hosts, guided flow) to reduce awkwardness.
- Clear event details: vibe, crowd, schedule, location.
- Recurring groups, not one-off events, to build routine and familiarity.





Monique Alvarez (she/her)

Goals

- Reconnect with peers through creative, wellness, or social activities that align with her lifestyle and values
- Find consistent, welcoming spaces to unwind and meet others without the pressure of exclusivity
- Maintain emotional well-being and prevent burnout through regular group engagement

Needs

- Discover affordable, nearby recreation options that fit into a flexible schedule
- Join activities that mix fitness, creativity, and casual connection (e.g. yoga, art nights, community dinners)
- Participate in recurring events that attract peers in her age range, not just younger millennials
- Access safe, inclusive, and well-moderated spaces that feel authentic and intergenerationally respectful

Pain points

- Feels out of place in younger dominated social groups or high-intensity fitness spaces
- Struggles to find age appropriate, affordable community programs nearby
- Online networks feel fragmented and lack real continuity
- Balancing time between work, caregiving, and personal wellness limits participation

Behavioral patterns

- Uses Meetup or Facebook Groups to explore events but often finds them inconsistent or cliquish
- Prefers flexible pay-per-session models over rigid memberships
- Attends yoga and art classes irregularly, consistency depends on scheduling convenience
- Values inclusive, safe environments with visible diversity and community guidelines
- Most engaged when interactions feel organic, facilitated through shared activities, not forced networking

"As a wellness-focused millennial, I want structured group activities with light icebreakers, so I can connect naturally without forced interaction."

Age: 40

Location: Redbank, New Jersey

Occupation: Freelance Consultant/ wellness coach

Lifestyle: Balances remote freelance work, family obligations, and self-care. Actively seeks meaningful social outlets that feel mature, inclusive, and affordable.







Current State User Journey: Monique Alvarez

Scenario

Monique wants to reconnect with peers through creative and wellness-based activities, ideally in mature, inclusive, and consistent spaces. Her freelance schedule and caregiving responsibilities make it difficult to commit regularly. She browses Meetup and Facebook Groups but often finds events too inconsistent, too young-skewing, or lacking the structure she needs to feel comfortable attending alone.

Expectations

- Activities that feel age-appropriate, calm and inclusive
- Transparent pricing, flexible drop-in options
- Light structure (guided intros, warm-ups) without forced networking
- Recurring groups where familiar faces return
- Safe environments with visible diversity and clear community norms

Phase	Realizing the Need Realizes she needs a social/wellness outlet	Evaluating the Activity Evaluating whether an event is right for her	Decision Deciding whether to attend or cancel	Assessing Comfort and Fit Attending the event	Return or Disengage Reflecting and deciding to return or not
Thinking	<ul style="list-style-type: none">• “I need something consistent where I won’t feel out of place.”• “What’s happening near me that fits my schedule and caregiving needs?”	<ul style="list-style-type: none">• “Will I feel comfortable as a 40-year-old here?”• “Is it slow-paced and well moderated?”• “Will anyone be in my life stage?”	<ul style="list-style-type: none">• “Do I have the energy after work and caregiving?”• “Is this worth the drive?”• “I don’t want to waste money on something that feels uncomfortable.”	<ul style="list-style-type: none">• “I hope they’re friendly.”• “Please don’t make us do forced networking.”• “I hope the age range isn’t too young.”	<ul style="list-style-type: none">• “The class was fine, but will I ever see these people again?”• “Is this worth becoming part of my routine?”
Doing	She browses multiple platforms for age-appropriate activities and checks if they fit her schedule.	She reviews event details, logistics, and community signals to judge whether the space feels suitable.	She tentatively plans to attend but often cancels unless the event feels easy, local, and low-pressure.	She attends cautiously and participates mainly when the environment feels structured and welcoming.	She lightly follows up online but rarely returns unless the event offers consistency and belonging.
Feeling	 Curious but Cautious	 Uncertain - Overthinking	 Guilt/ Frustration	 Awkward (at first)	 Disconnected
Pain Points	<ul style="list-style-type: none">• Discovery feels fragmented across apps.• Hard to find mature, inclusive groups for people in their late 30s–40s.• Difficulty trusting whether a space will feel safe or match her pace.	<ul style="list-style-type: none">• Many groups feel cliquish or dominated by younger attendees.• Hard to tell if the environment will be structured, inclusive, or well moderated.• Fear of showing up and feeling out of place.	<ul style="list-style-type: none">• Rigid pricing or cancellation penalties increase stress.• Work/family unpredictability makes committing difficult.• Cognitive load of deciding alone.	<ul style="list-style-type: none">• No host, makes things feel unclear hoe to engage at the start.• No gentle entry points (warm-ups, guided intros).• Too youthful or unstructured environments feel out of place.	<ul style="list-style-type: none">• No follow-up communication.• No repeat faces, each event feels like starting over.• Hard to build meaningful connections without structure or consistency.
Opportunities	<ul style="list-style-type: none">• Consolidate adult-friendly recreation in one place.• Show age range, structure, vibe, and emotional safety signals upfront.	<ul style="list-style-type: none">• Provide age-range indicators.• Show structure (guided flow), group norms, and safety guidelines.	<ul style="list-style-type: none">• Flexible drop-in pricing.• Gentle reminders and easy cancellations.• Attend-with-a-friend options**	<ul style="list-style-type: none">• Facilitated welcome with light icebreakers.• Activity-first social design (yoga, art, cooking).• Visible community norms and host presence.	<ul style="list-style-type: none">• Build recurring group sessions.• Offer post-event prompts and next-session invites.• Provide ways to stay connected with people she met.

The future?



Interested but cautious



Curious but Cautious








Future State User Journey: Jordan Matthews with A'Milli

Scenario

After long remote-work days, Jordan wants chill, affordable activities where he can meet like-minded millennials without awkwardness. He opens A'Milli to find a creative or wellness-aligned event for Tuesday evening.

Expectations

- One place to discover, book, and attend events
- Transparent pricing with flexible, low-pressure attendance
- Vibe clarity and attendee previews to reduce uncertainty
- Light structure to reduce awkwardness
- Recurring groups that feel familiar and predictable

Phase	Discovering Activities Discovering personalized, aligned activities	Evaluating Fit Evaluating fit through clear previews and safety signals	Booking Booking easily with low commitment and support	Participation Participating comfortably with light structure and familiarity	Retention Reinforcing connection through recaps and recurring prompts
Doing	He opens A'Milli to view a personalized event feed that includes clear vibe and attendee indicators.	He taps on an event to review clear previews of attendees, host details, activity structure, pricing, safety, and travel information.	He books the event quickly and manages it easily with optional calendar updates, reminders, and flexible rescheduling.	He participates in a structured, low-pressure session where the host guides the start and familiar faces are easy to identify.	He receives a brief recap that highlights the next session, suggests related groups, and offers simple options to follow members or save the group.
Thinking	<ul style="list-style-type: none">• “What fits my vibe tonight?”• “I want something chill and creative”	<ul style="list-style-type: none">• “Are these my kind of people?”• “Is the structure right for me?”• “Will it feel awkward?”	<ul style="list-style-type: none">• “This feels doable”• “If work goes late, I can reschedule with no pressure.”	<ul style="list-style-type: none">• “This doesn’t feel awkward.”• “Everyone seems chill and aligned with the vibe.”	<ul style="list-style-type: none">• “This felt good, I could actually come back next week.”• “This felt comfortable”
Feeling	 Curious, Calmer - His anxiety is reduced because the vibe is easier to understand	 Confident - The space feels safe, relevant, and structured enough	 Relieved - Less cognitive load because expectations are clear and there are no penalties	 Comfortable, engaged - Belonging starts forming through familiarity and structured flow	 Supported, not pressured - Encouraged by consistency and familiar faces
Pain Points Resolved	<ul style="list-style-type: none">• No platform-hopping• No ambiguity around age fit or tone• Early clarity about inclusivity and emotional safety	<ul style="list-style-type: none">• Uncertainty about attending alone• Ambiguity about structure• Worry about unpredictable cost or environment	<ul style="list-style-type: none">• High pre-event mental load• Hesitation tied to schedule unpredictability• Anxiety about wasted time/money	<ul style="list-style-type: none">• No cold start• Reduced social ambiguity• Avoidance of forced networking• More consistent quality across sessions	<ul style="list-style-type: none">• No more one-off experiences• Clear pathways to build routine• Reinforced sense of connection
Opportunities Delivered	<ul style="list-style-type: none">• Real-time vibe cues• Centralized event discovery	<ul style="list-style-type: none">• Host-led introductions• Clear structure preview• Safety and inclusivity confirmation	<ul style="list-style-type: none">• Flexible drop-in model• Low-friction booking and cancellation	<ul style="list-style-type: none">• Host-led structure• Natural shared-interest prompts• Consistent event flow	<ul style="list-style-type: none">• Recurring community structure• Memory of connections• Gentle re-engagement prompts



Future State User Journey: Monique Alvarez with A'Milli

Scenario

After a long week balancing freelance work and caregiving, Monique wants an age-aligned, calm, structured wellness or creative activity that fits her unpredictable schedule. She opens A'Milli to find something flexible yet consistent that helps her reconnect with peers her age.

Expectations

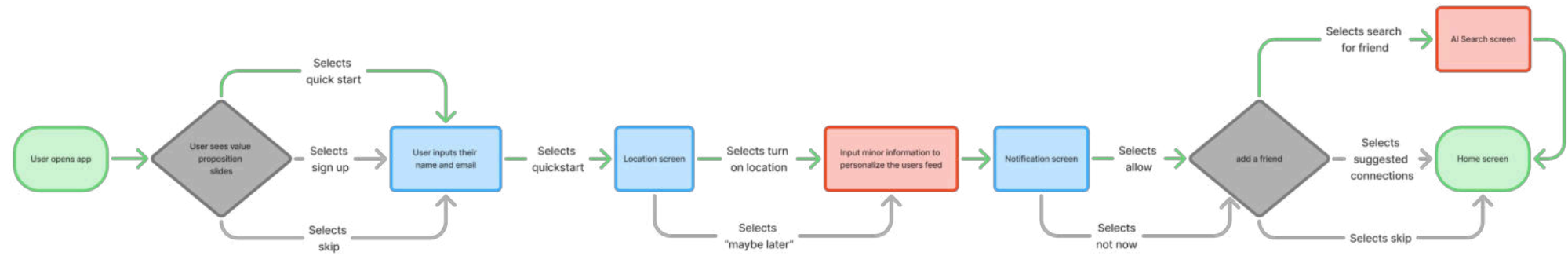
- Transparent pricing and flexible attendance
- Mature, inclusive spaces that feel emotionally safe
- Recurring sessions with familiar faces
- Light structure (guided intros, gentle flow) without forced networking
- Low-pressure scheduling and minimal cognitive load

Phase	Discovering Activities A'Milli surfaces the right events automatically	Getting a Clear Structure Clear structure removes uncertainty	Flexible Design Flexible design supports her unpredictable schedule	Eliminating Awkwardness Structure with hosting eliminates awkwardness	Continuity Continuity provides belonging, not one-offs
Doing	She opens A'Milli to view a personalized event feed tailored to her preferences and routine.	She taps on an event to review host details, activity structure, attendee previews, safety indicators, pricing, and travel information.	She books quickly and manages the event with optional calendar updates, reminders, and flexible rescheduling.	She joins a lightly facilitated, activity-first session that supports natural connection while keeping all social interaction optional.	She receives a short recap with options to rejoin, follow recurring groups, recognize familiar attendees, and reconnect when she chooses.
Thinking	<ul style="list-style-type: none">• “These are aligned with my pace.”• “This looks calm and age-appropriate.”	<ul style="list-style-type: none">• “This has structure, so I won’t feel out of place.”• “This is likely a welcoming, well-moderated group.”	<ul style="list-style-type: none">• “I can commit because I won’t be penalized.”• “If things change, I can adjust easily.”	<ul style="list-style-type: none">• “This is welcoming and paced for me.”• “I don’t have to force conversation.”	<ul style="list-style-type: none">• “I want to come back next week”• “I’m starting to see familiar faces.”
Feeling	 Curious, calmer - her anxiety is lowered because the vibe is clear	 Confident - She feels the space is safe, relevant and structured enough to join	 Relief - She feels less cognitive load and no guilt about flexibility	 Awkward at first, Relaxed once immersed Positive when shared interests arise naturally	 Supported, not pressured - Connected, not isolated - Hopeful about building routine
Pain Points Resolved	<ul style="list-style-type: none">• No more fragmented event discovery• No guessing about age fit or vibe• No fear of entering high-intensity or youth-dominated spaces	<ul style="list-style-type: none">• Uncertainty about environment and structure• Worry about cliques or age mismatch• Anxiety about entering without clear flow	<ul style="list-style-type: none">• Stress from unpredictable caregiving/freelance schedule• Fear of wasting money• Pressure from rigid attendance models	<ul style="list-style-type: none">• No host leads to feeling lost at the beginning.• Forced networking causing discomfort.• Too youthful or inconsistent environments.	<ul style="list-style-type: none">• No continuity in typical “Meetup-like” events.• No repeat faces leads to no chance to build community.• No follow-up guidance or sense of progress.
Opportunities Delivered	<ul style="list-style-type: none">• “Events for Your Pace” feed• Vibe and age-range visibility• Preview of inclusive hosts and norms• Images showing diverse, adult-centered groups	<ul style="list-style-type: none">• Clear agendas and no-pressure activity flow.• Age-aligned attendee previews.• Verified inclusivity and safety standards.• Transparent cost expectations.	<ul style="list-style-type: none">• Flexible drop-in model• No-penalty cancellations• Gentle, emotionally safe reminders• Low-effort scheduling options	<ul style="list-style-type: none">• Host-led welcoming ritual.• Activity-first social design.• Gentle shared-interest cues.• Voluntary participation in socializing.	<ul style="list-style-type: none">• Recurring events create predictable community rhythm.• Built-in continuity with returning members.• Gentle re-engagement prompts.• Community spaces for slow, steady connection.

Ideation + User Flows

Onboarding - Guided Discovery

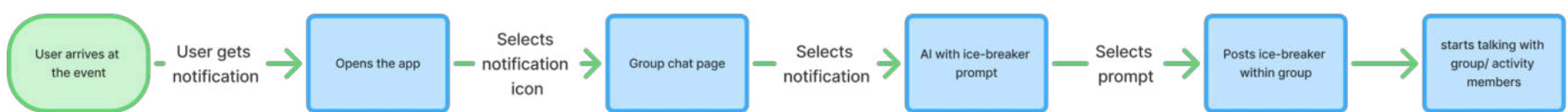
- First time user



Buddy System and Verified Hosts

Get matched with a buddy before events; trust verified community leaders

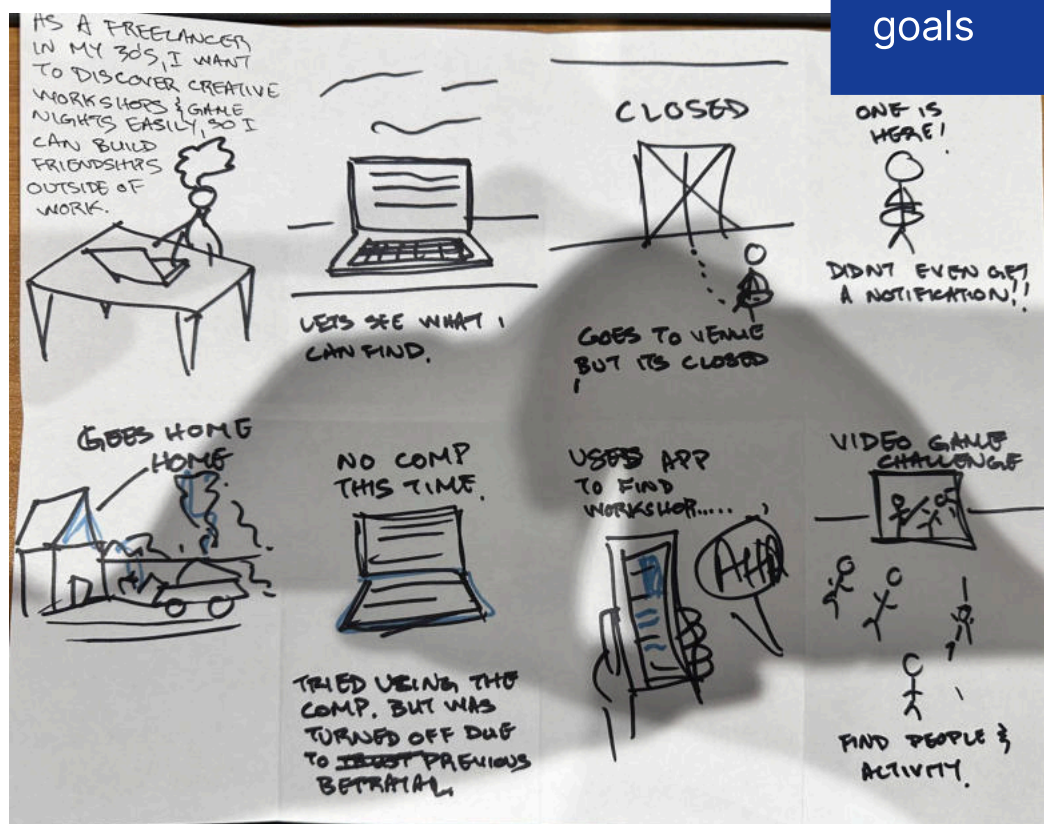
Attending the Event



Tiered Membership and Community Credits

Flexible pricing from drop-in to subscription, earn credits for participation

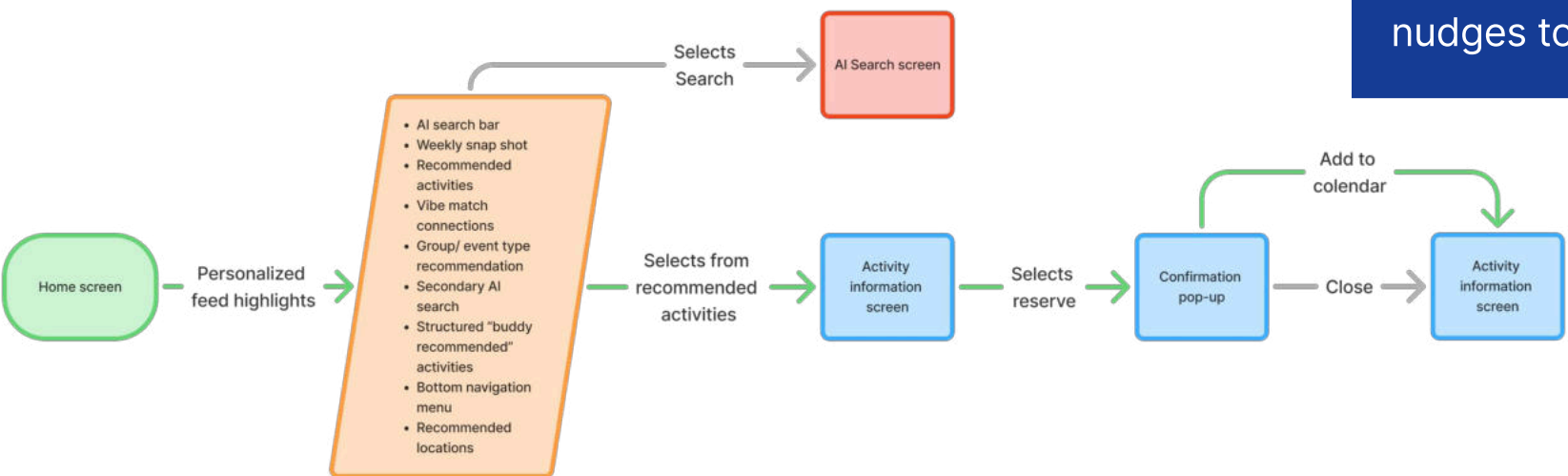
Sketch ideation



Smart Discovery + AI Matchmaking

Personalized event recommendations based on interests, location, and social goals

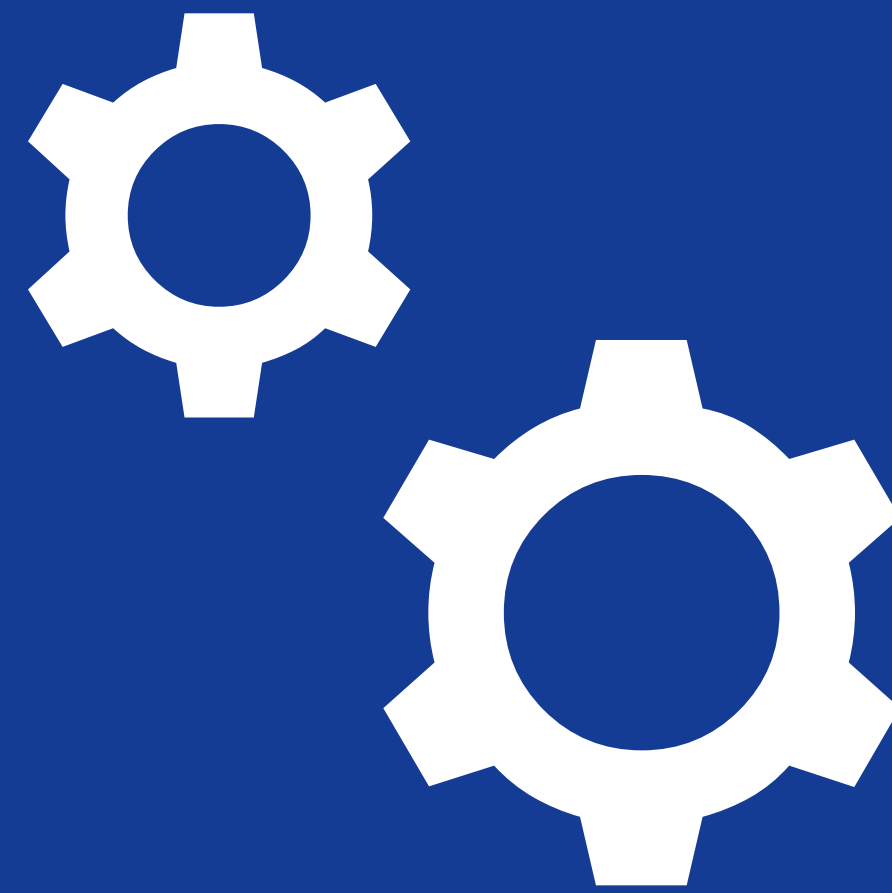
Event Discovery - Current user



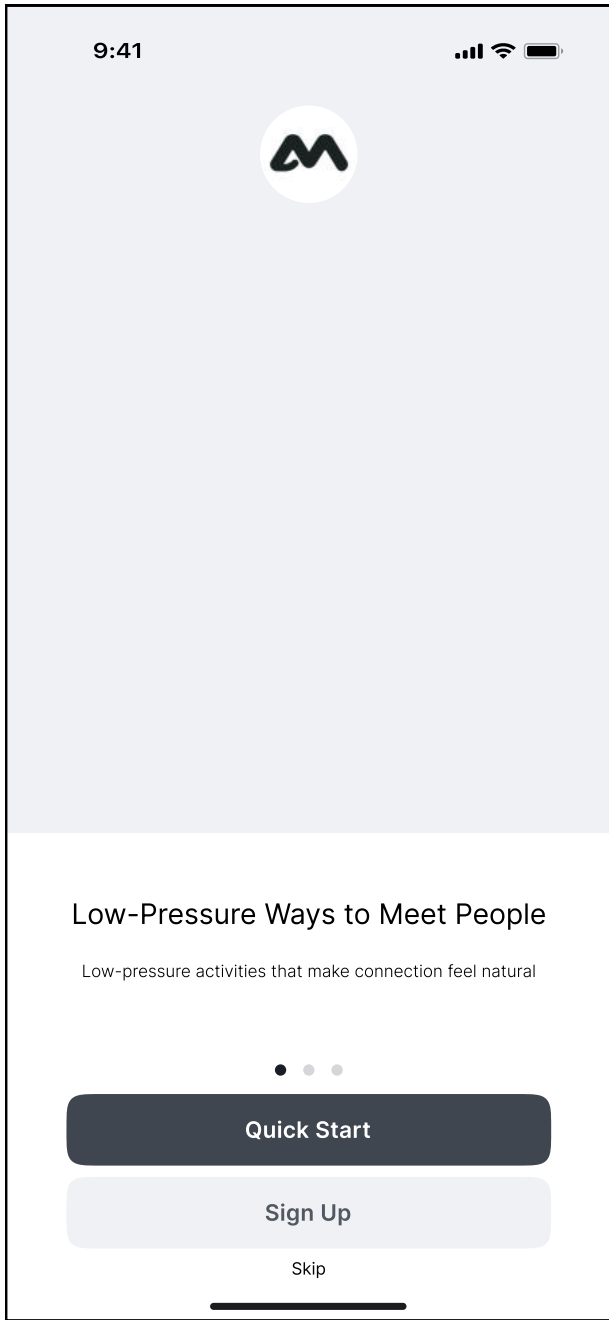
Event Streaks and Return Reminders

Gamified engagement with habit-forming rituals and gentle nudges to return

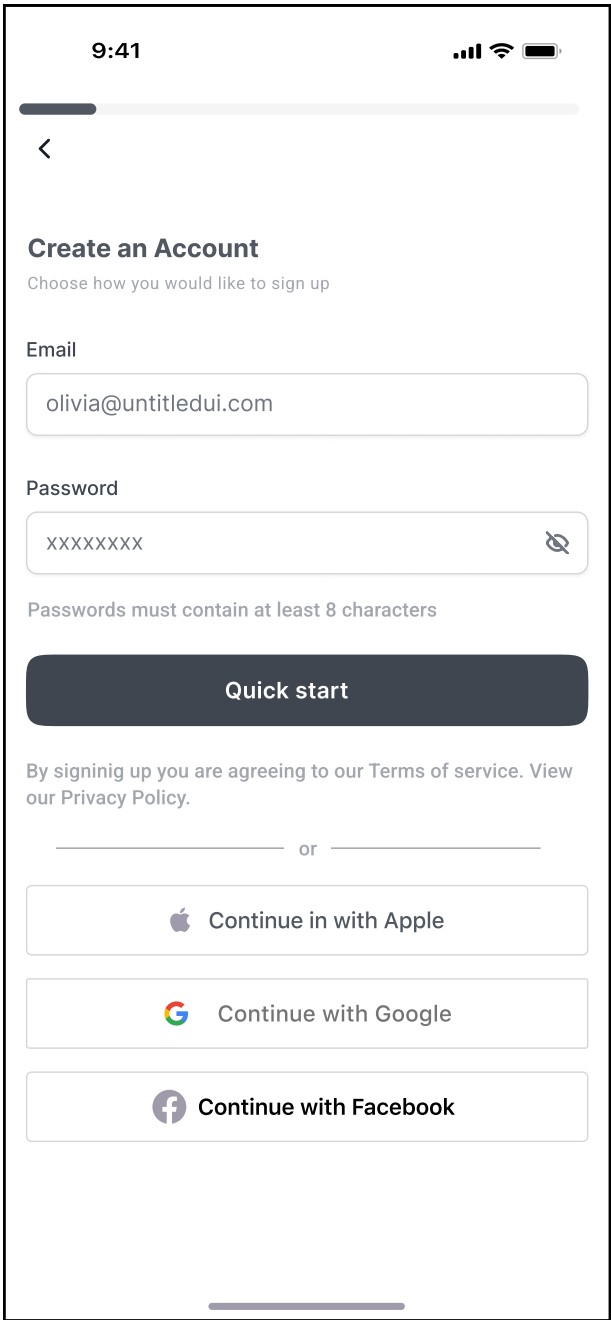
Develop



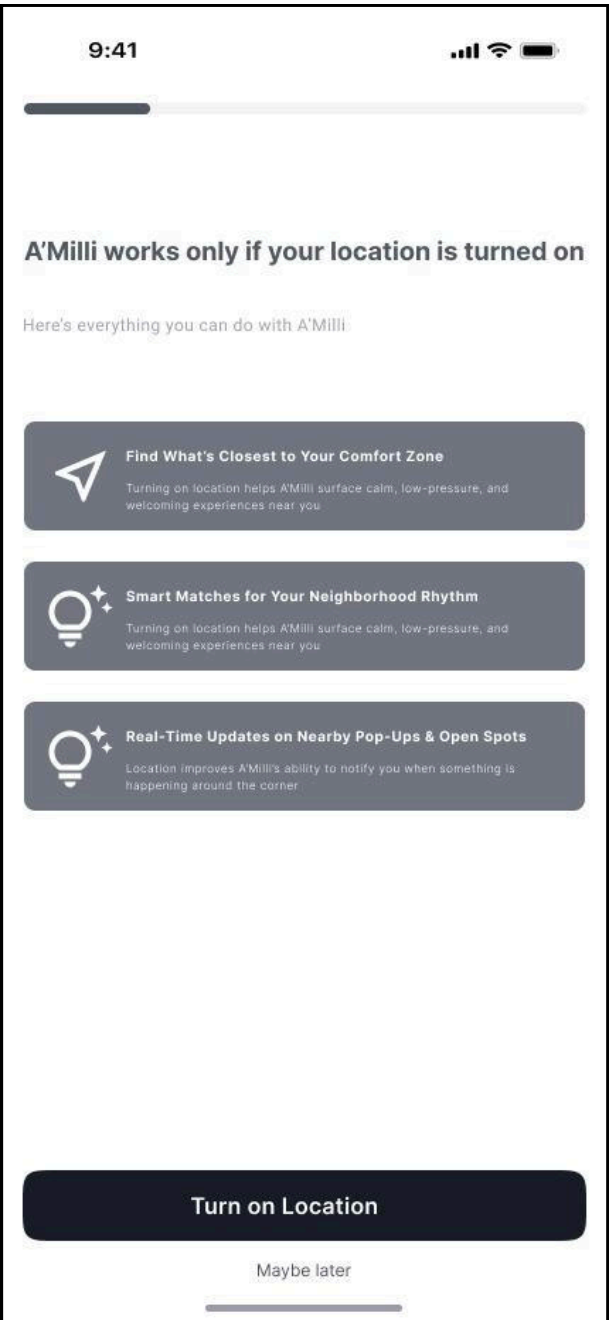
Low-fidelity wireframes



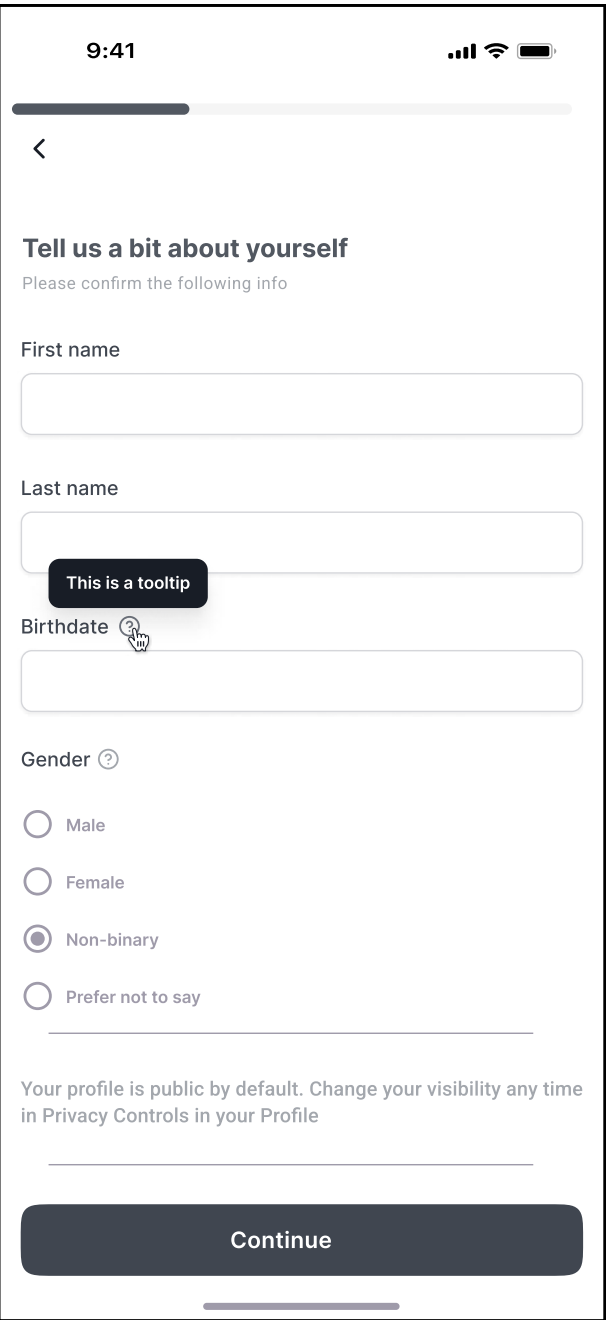
Value Prop. x3



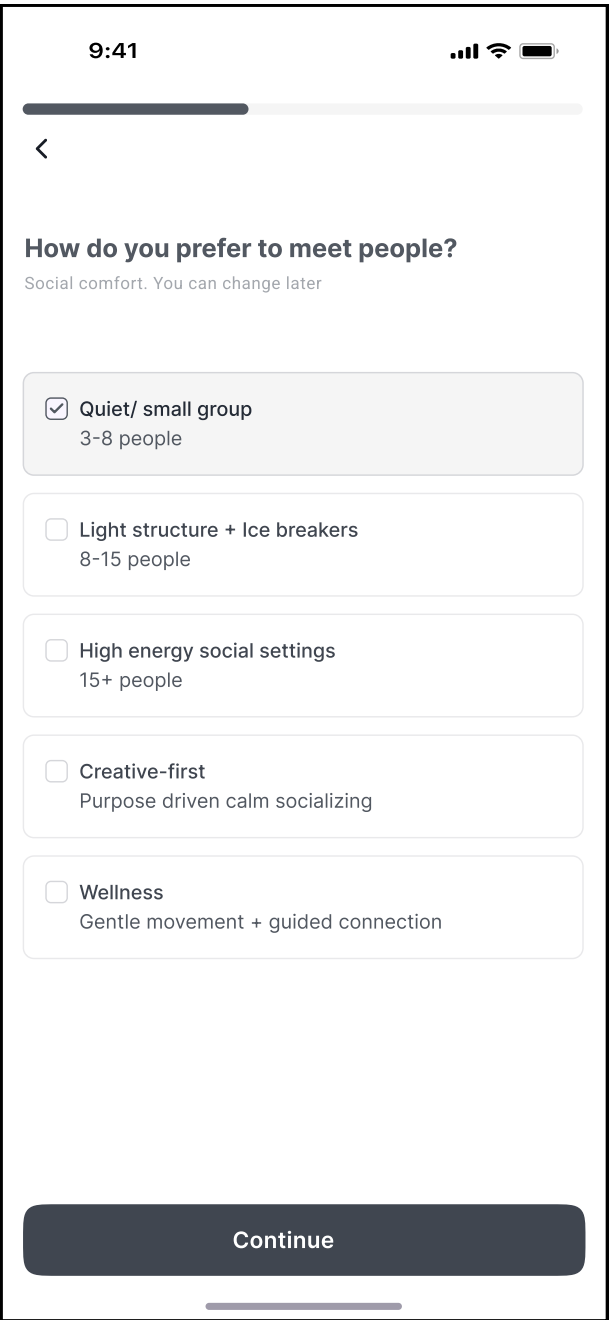
Sign in



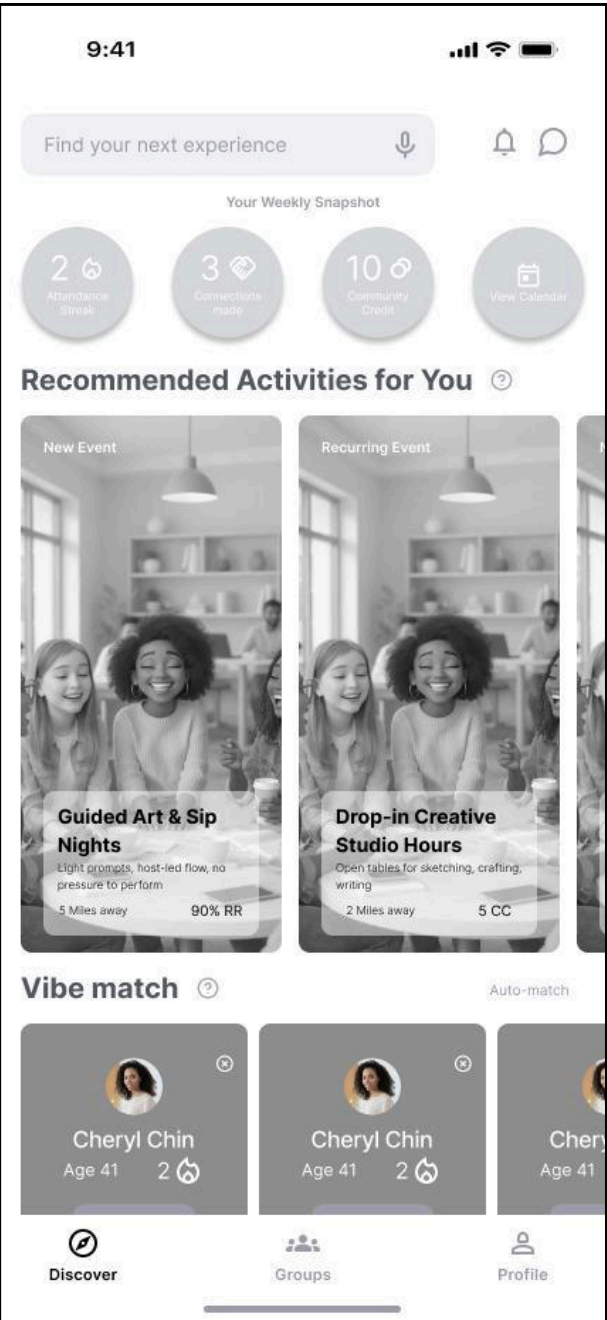
Location toggle



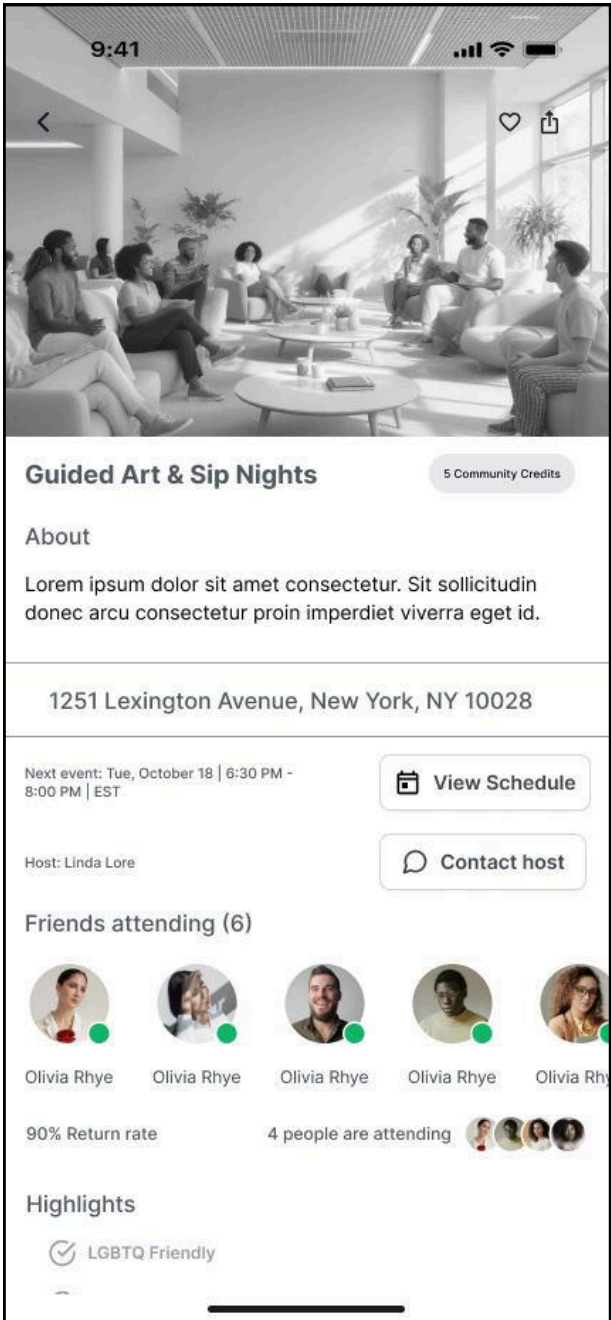
Basic information



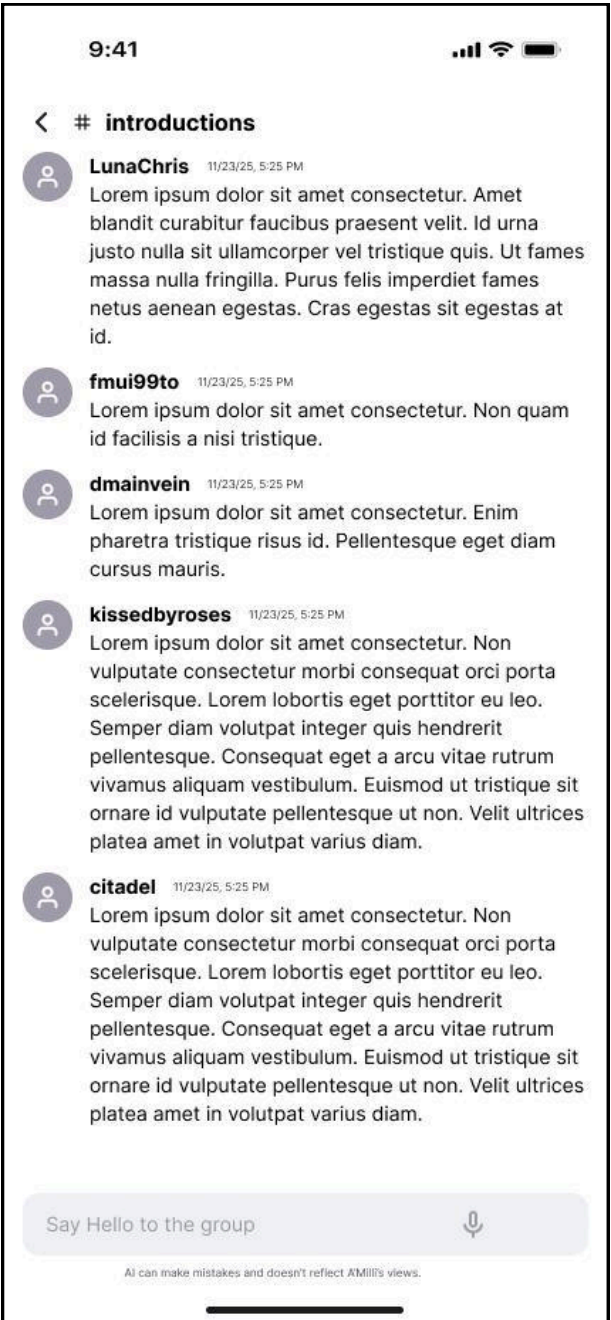
Preference



Home



Activity

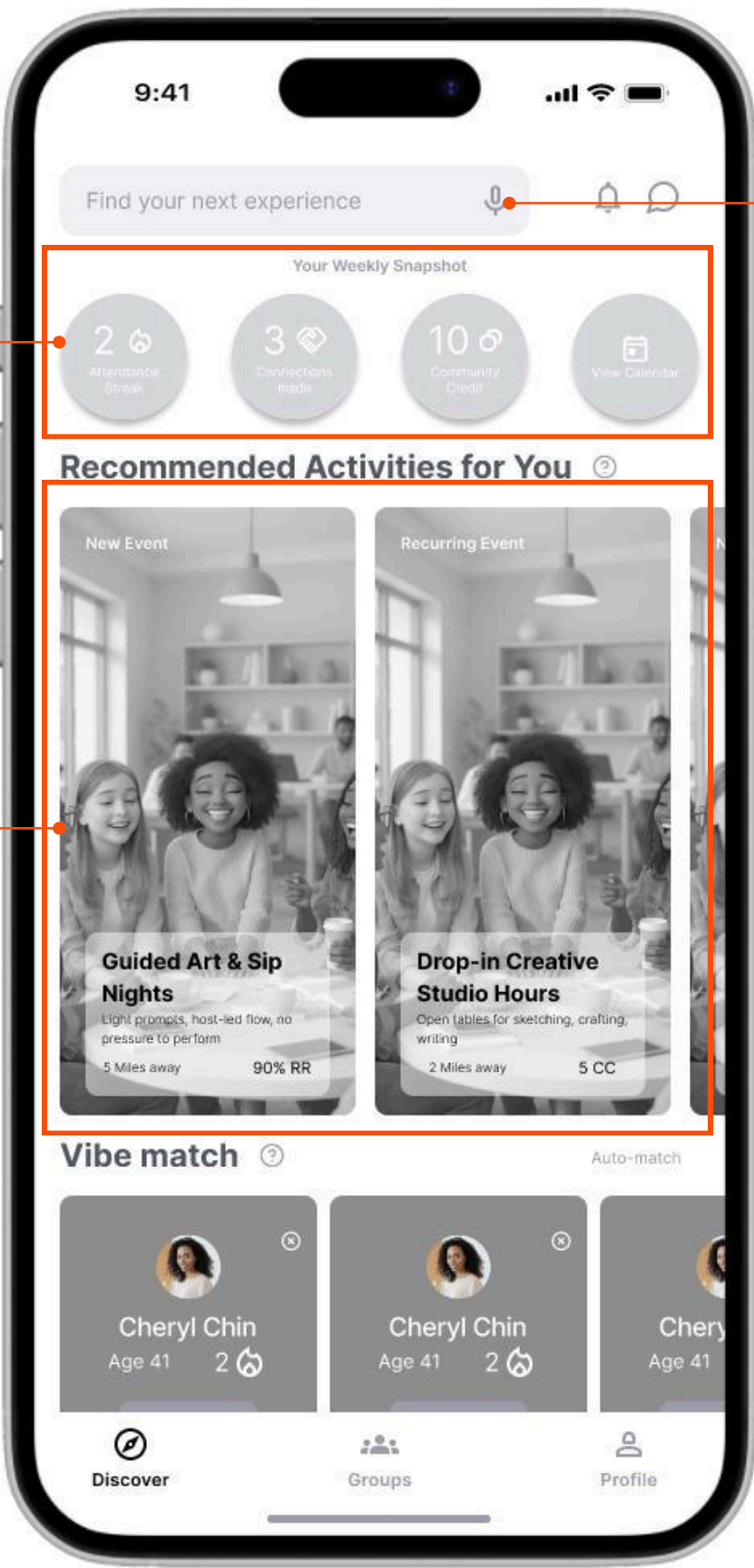


Chat

Design evolution considerations

Early consideration for the user having a quick status update

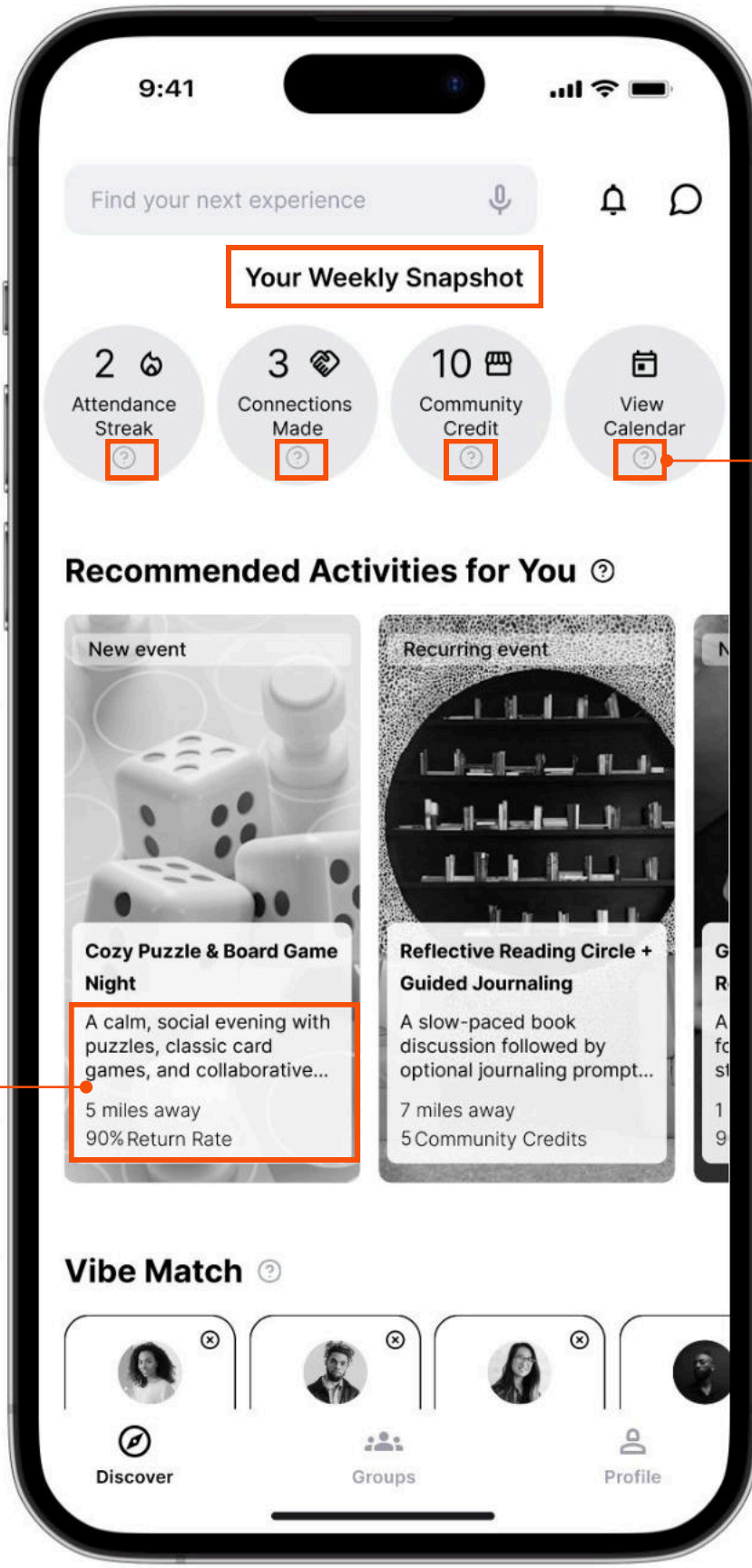
Large elongated cards showcase activities based on preference



Lo-Fi

Search bar was located at the top pf the discovery page

Increased font size for legibility throughout with information on activities



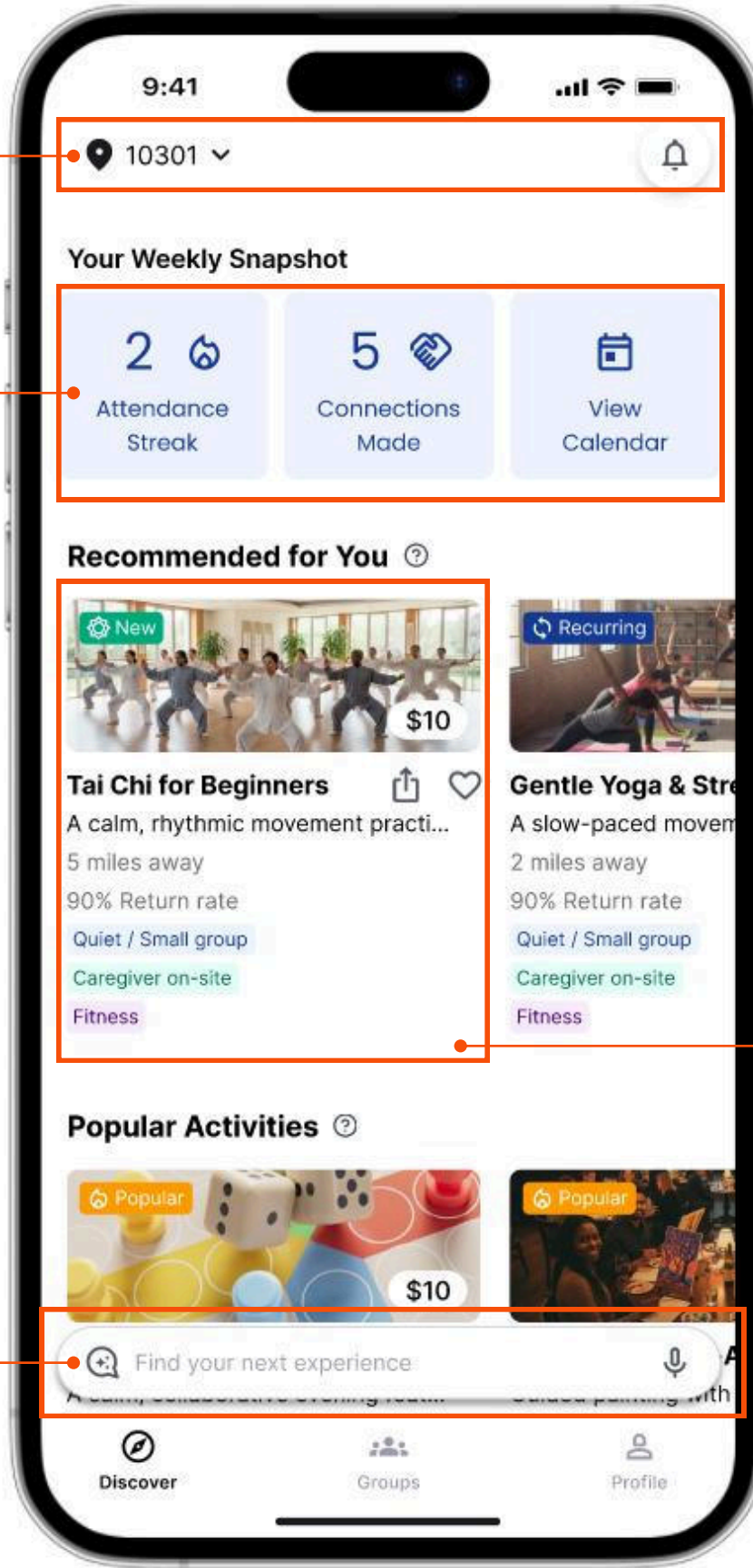
Mid-Fi

Area code replaced the search bar to allow the user to find activities at their location instantly

Included tool tips

In this early version, some features were removed based on use case, pending iteration

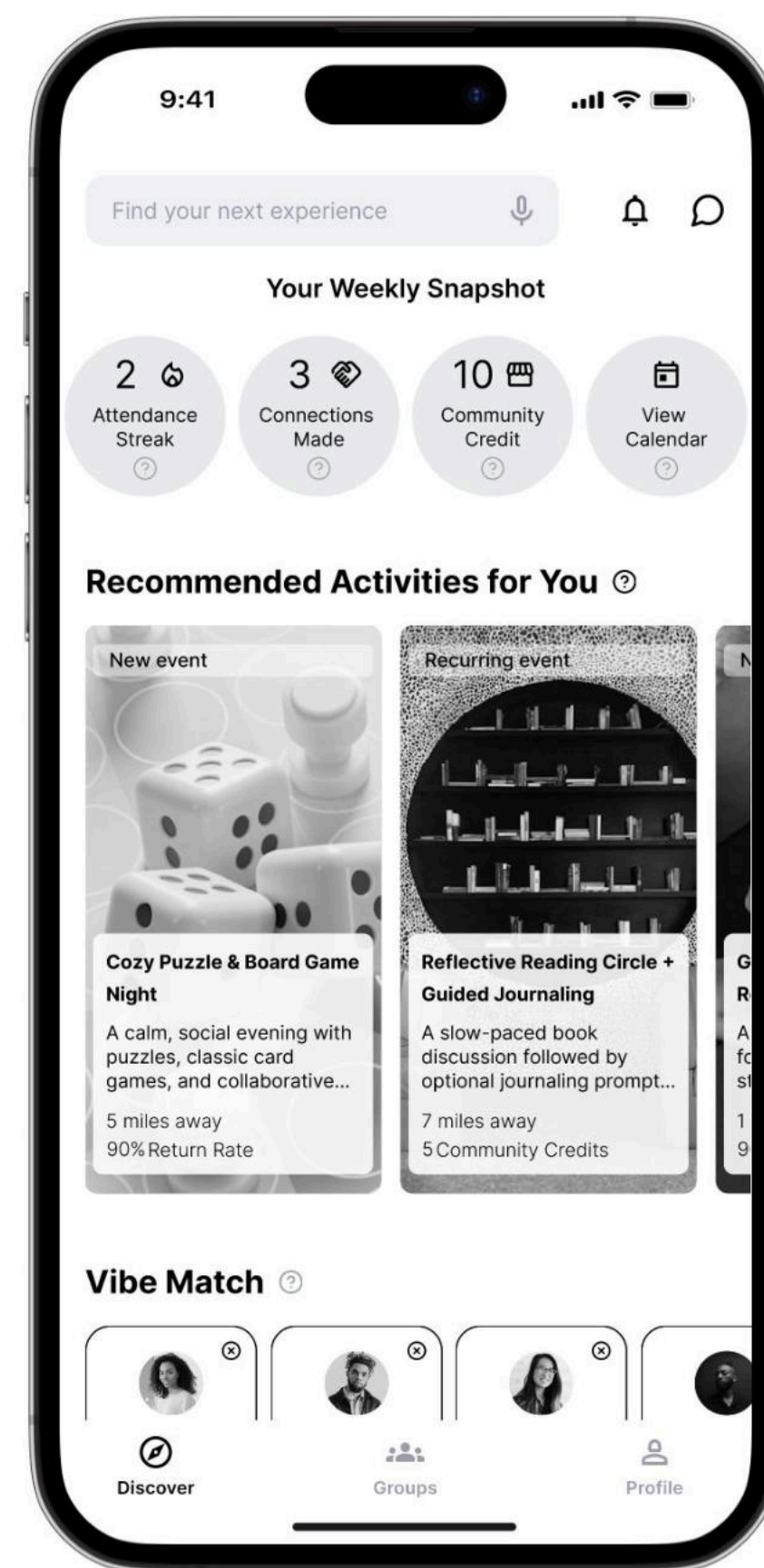
Search bar is placed above the bottom nav. for accessibility following modern standards



Hi-Fi

Activity cards were given a new look with preference tags

Dashboard content

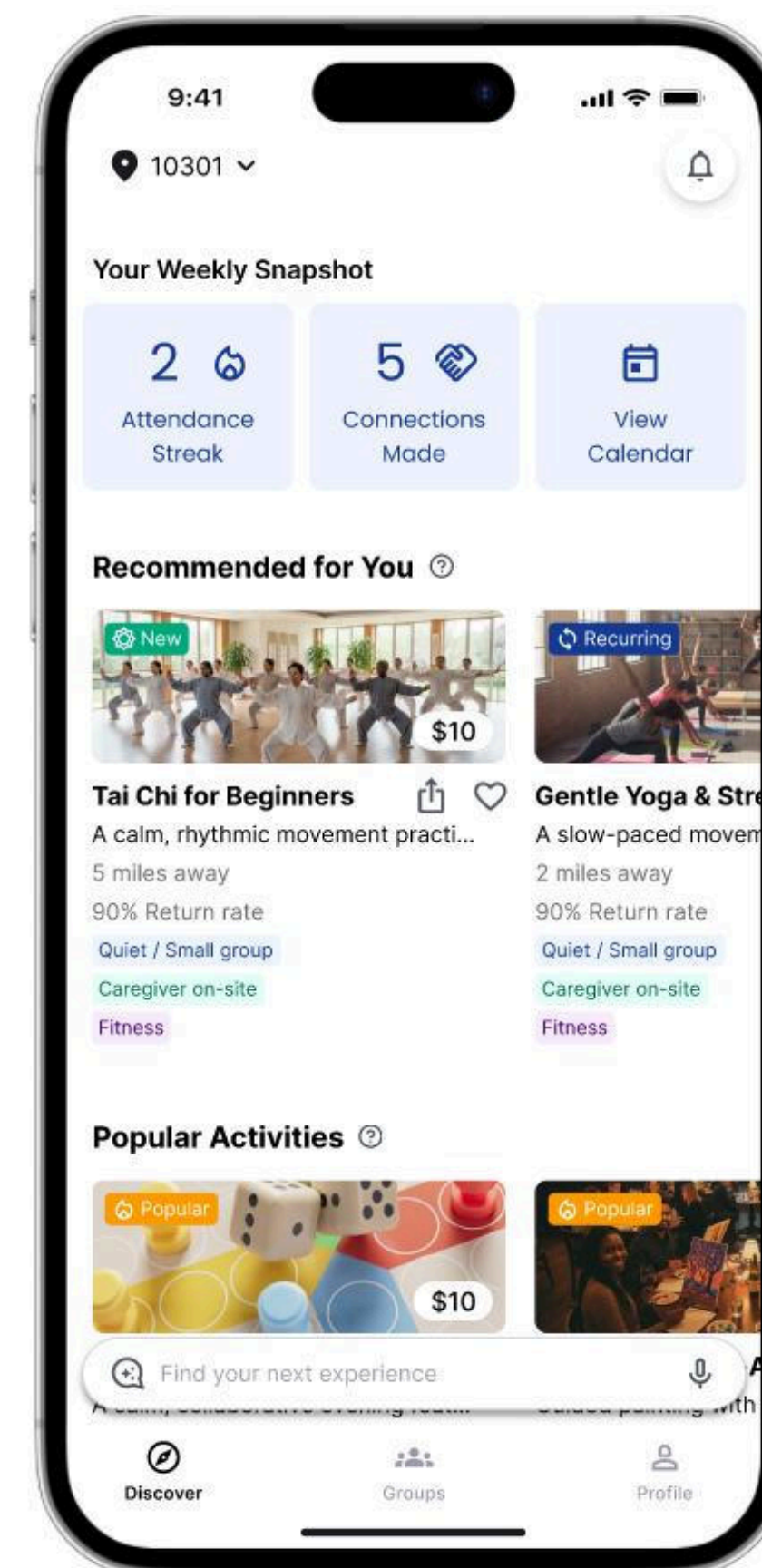


BEFORE

Dashboard content order did not match returning-user expectations



"I think the popular activities should go up... and vibe match should come down."

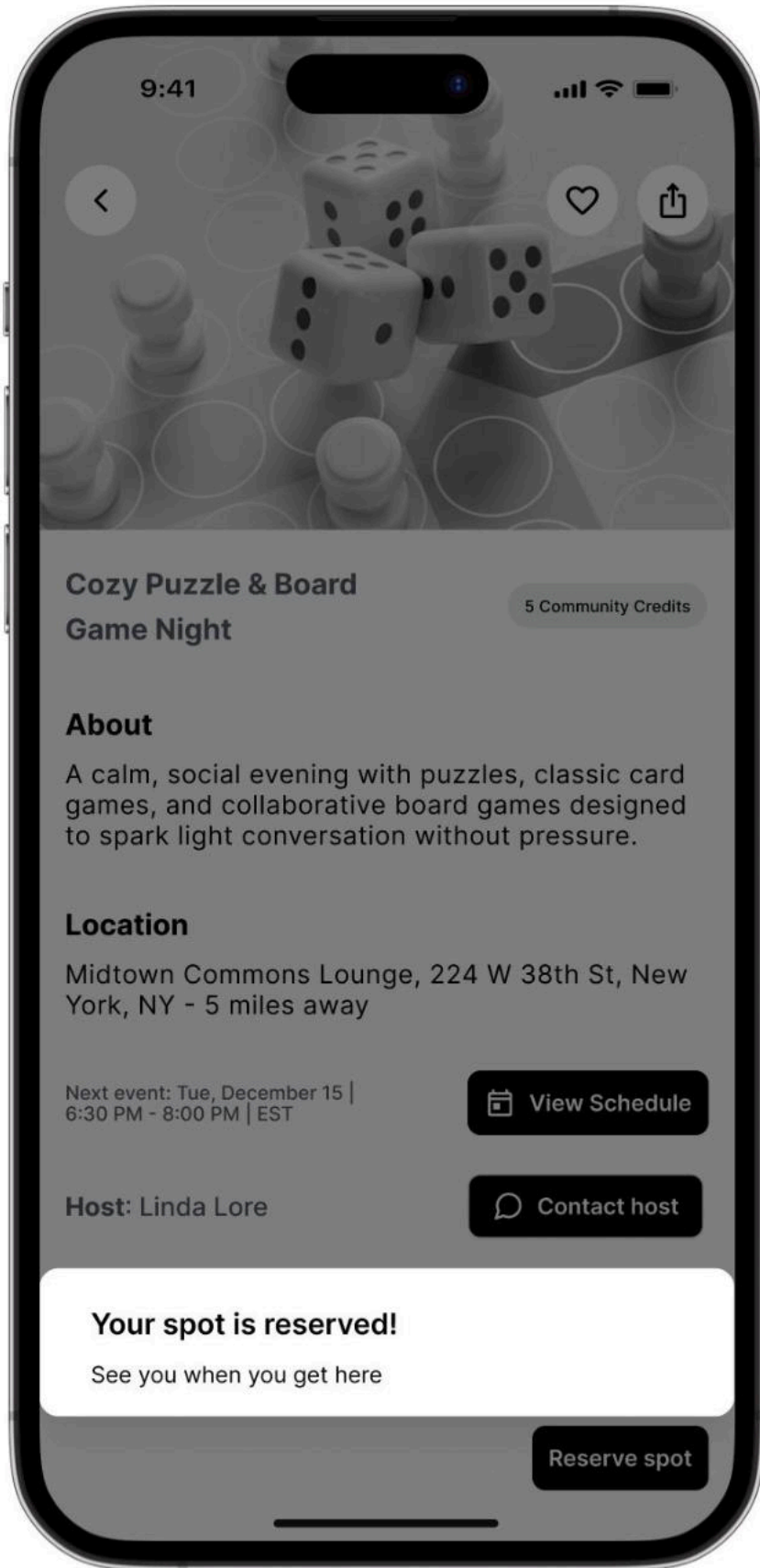


AFTER



Popular Activities now appears above Vibe Match. Recommended events have also been refined using onboarding personalization, with badges that reflect the same language.

Event reservation

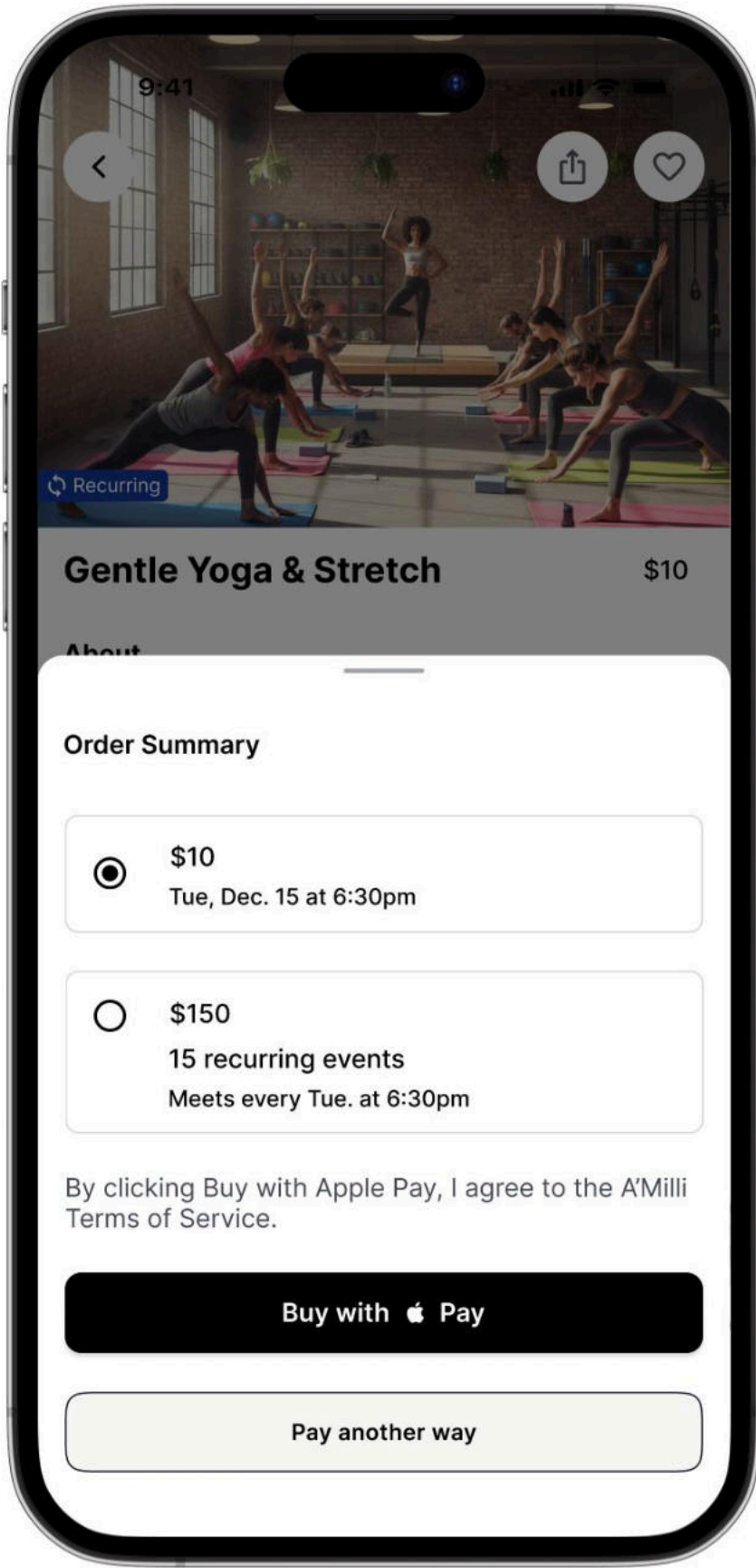


BEFORE

Event join confirmation was not consistently reassuring



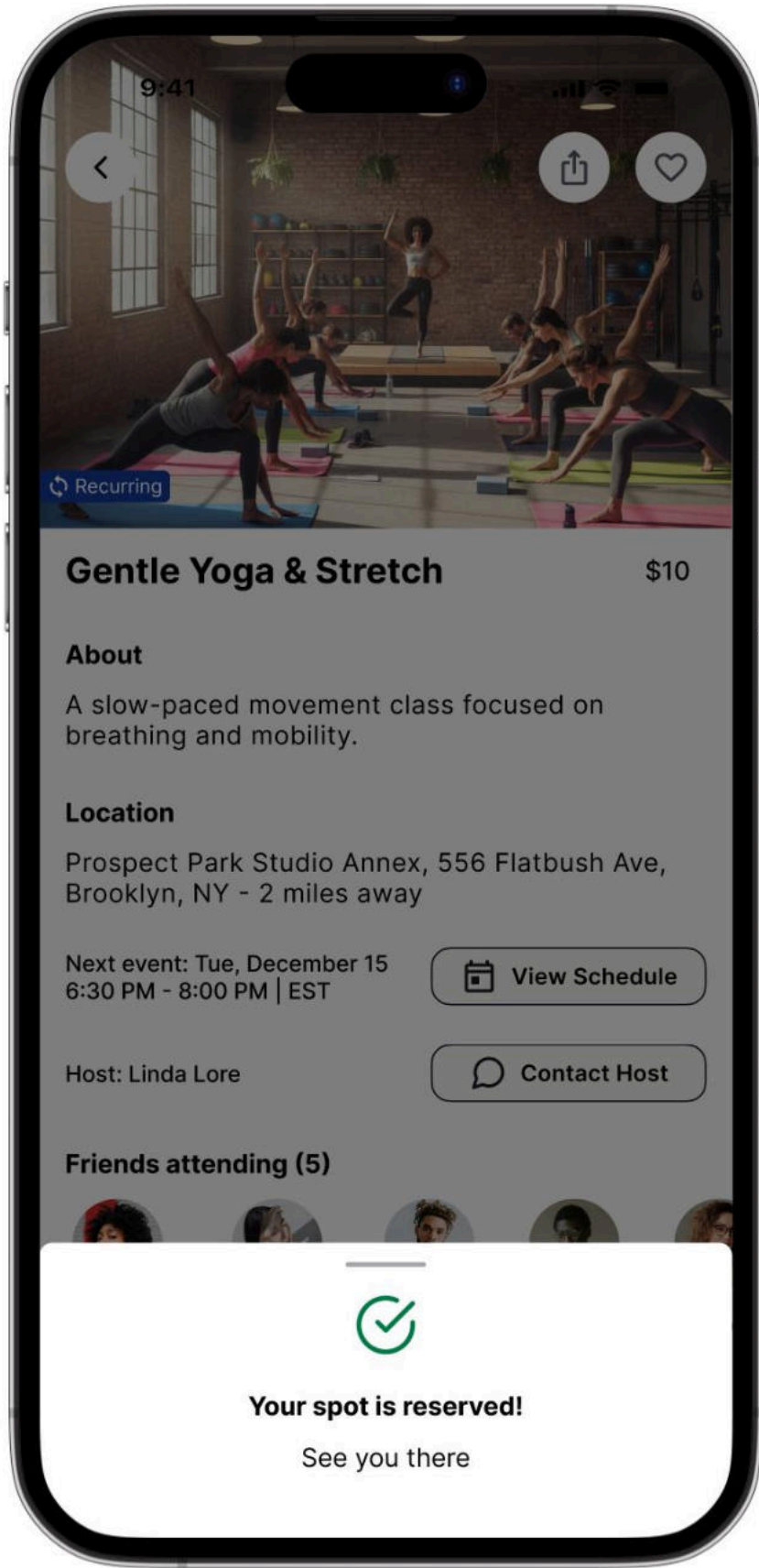
“I was a little confused if I actually did sign up(reserve).”



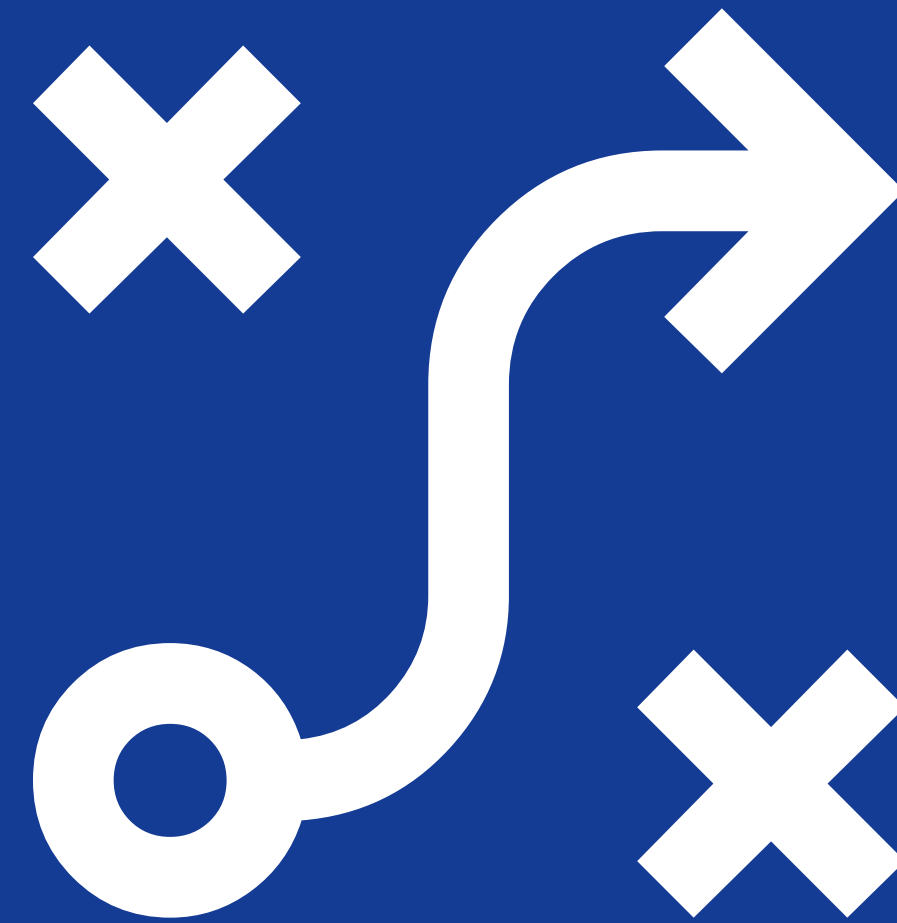
AFTER



The reservation flow now includes an order summary and lets users choose between a single event or an all-recurring events package. Users can complete checkout with Apple Pay or another payment method, then receive a reservation confirmation once the purchase is complete.

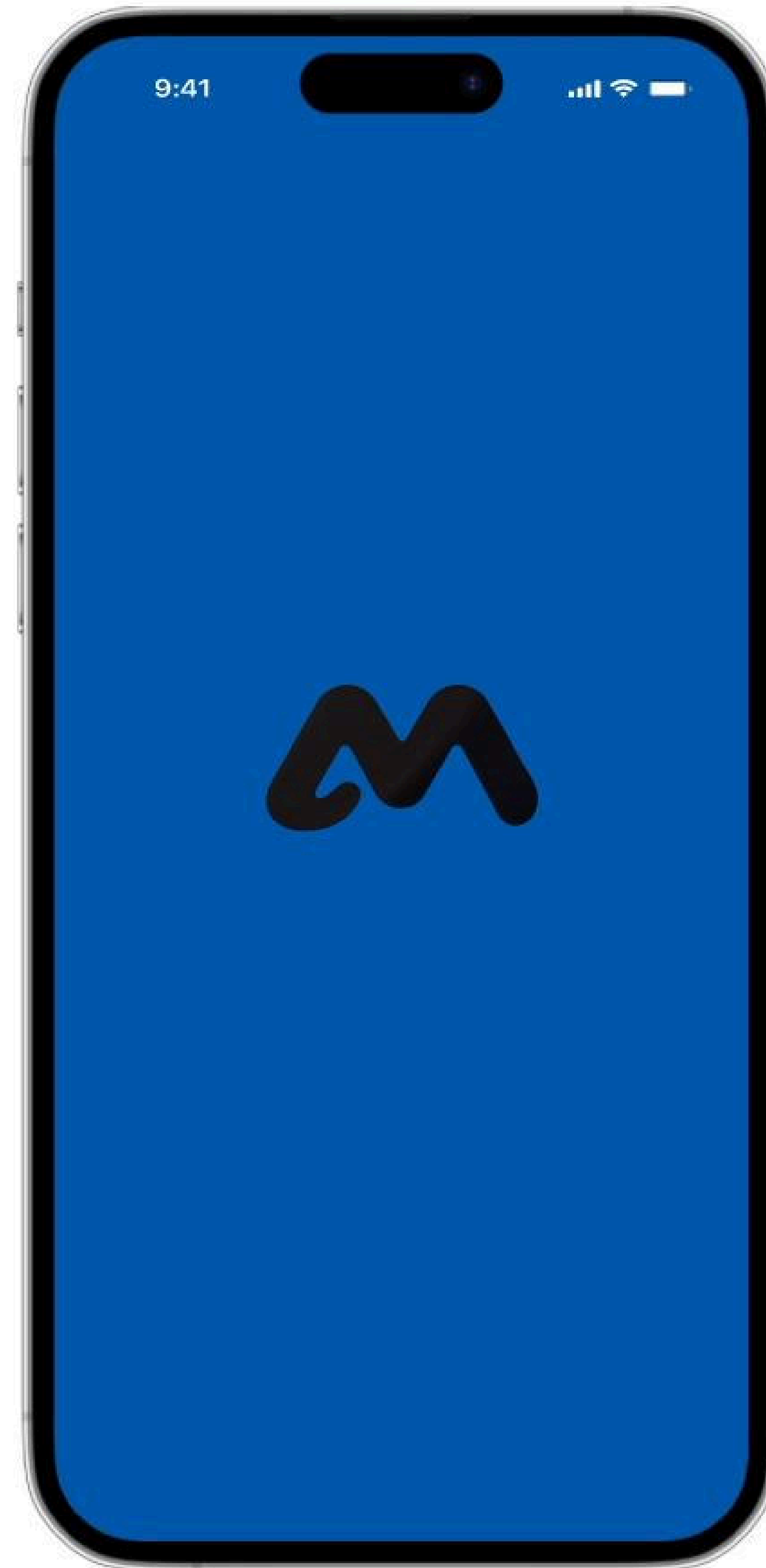


Deliver



Final solution

Walkthrough Video



Constraints, Assumptions, Takeaways and Next steps

Constraints

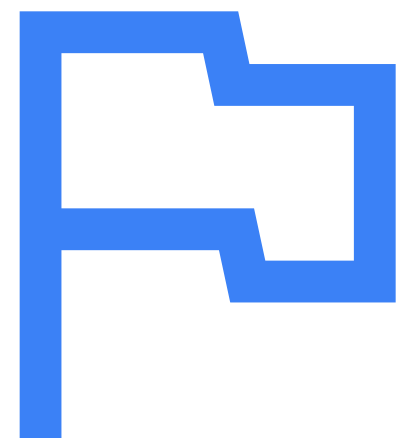
- This project was completed as a solo designer effort within a short fixed timeline while balancing other personal commitments.
- Learning how to manage conducting user interviews and usability tests and not get excited by asking leading questions
- Participant availability varied, requiring flexibility in scheduling interviews and usability sessions.
- Being mindful of scope creep

Assumptions

- Early concepts were treated as hypotheses, and required validation through research.
- Not all ideas could be carried through to execution due to time and prioritization trade-offs.

Takeaways

- Some features, including community credit incentives and expanded AI-driven personalization, were deferred.
- I chose to fully think through and refine a smaller set of core flows rather than designing many features at a surface level.
- Testing focused on primary user flows rather than edge cases or secondary personas.



Next steps

- Additional usability testing is needed to refine and validate the current user flow.
- Future iterations should explore additional screens supporting secondary use cases.
- Concepts like “community credits” and deeper AI integration remain strong candidates for future development once constraints are lifted.

Supporting documents

Desk Research

Competitive analysis

Screening Survey

Interview Guide

Interview Affinity Map

Interview Findings Summary

Personas

Journey Maps

User Flows

Wireframes

Prototype (Low/Mid)

Usability Testing Plan

Usability Test Findings

Prototype (Final)

Prototype Video

Case Study

Project Plan Proposal

Project Management Tool

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Mental Health Risk Among Members of the Millennial Population Cohort: A Concern for Public Health

This review comes from a themed issue on Separation, Social Isolation, and Loss (2022); Edited by Gery C. Karantzas and Jeffry A. Simpson
<https://doi.org/10.1016/j.copsyc.2021.07.013>

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Improving Health And Well-Being Through Community Care Hubs

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Private Clubs Are Bringing a Members-Only Experience to America's Midsize Cities

<https://doi.org/10.1016/j.cities.2024.105448>
Public recreational facilities as catalyst for urban aging-in-place decision in developing countries

Sustainability of Makerspaces: Developing a Framework for Sustainable Community Innovation Centers
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https://www.researchgate.net/publication/390577521_Recreational_activity_motivation_and_perceived_health_outcomes_in_recreation_from_men's_perspective
Recreational activity motivation and perceived health outcomes in recreation from men's perspective

A'Milli wouldn't be *just another platform* –

It will be a movement to restore genuine human connection in an age of digital isolation among Millennials and demonstrate a measurable impact on wellbeing and community formation.

Thanks A'Milli

